



Mindful Meditations Log

LinkedIn Learning

**** FOR PERSONAL USE ONLY ****

DIRECTIONS: Aim to complete a mindful meditation anytime you feel it's needed during your day. Tally each time you complete a meditation during your week.

| The Mindful Meditations** | | | | | | | | |
|---|----------------------|----------------|--|--|-----------------------|------------------|------------------------|------------------|
| | <u>Three Breaths</u> | <u>Arrival</u> | <u>Counting Breaths: 1 to 10 Technique</u> | <u>Deep Breathing: 4-7-8 Technique</u> | <u>Visualiza-tion</u> | <u>Body Scan</u> | <u>Loving Kindness</u> | <u>Hu Mantra</u> |
| Week 1 | | | | | | | | |
| Week 2 | | | | | | | | |
| Let us know you participated HERE. | | | | | | | | |

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| The Mindful Meditations** | | |
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| <u>Three Breaths Arrival</u> <u>Counting Breaths: 1 to 10 Technique</u> | <u>Deep Breathing: 4-7-8 Technique</u> <u>Visualization</u> | <u>Body Scan</u> <u>Loving Kindness</u> <u>Hu Mantra</u> |

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DIRECTIONS: Aim to complete a mindful meditation anytime you feel it's needed during your day. Note how you feel before and after meditating.

| Before I feel... | <i>The mindful meditation I completed...</i> | After I feel... |
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