

Mid-way Self-Assessment

So far, you have experienced the three main formal practices (body scan, sitting meditation, yoga) and a number of informal practices (simple awareness, mindful eating, awareness of pleasant/unpleasant experiences, STOP/one minute breathing space). *Even though you won't be sharing this with anyone else, it can be helpful to actually write down your thoughts at this point, reflecting on your personal learnings as well as the things you may still be struggling with. A likely outcome of this awareness and active appreciation will be a strengthening and reinforcement that can naturally carry forward to the end of this course and beyond.*

What do you notice already starting to happen? What are you encouraged by?

What is not happening yet - what are you still struggling with?

Take a moment to see if you can recall a specific incident in your life that stands out that somehow relates to the work you have done so far in this course (if no incident comes immediately to mind, it might be helpful to review your informal practice worksheets). What was the situation and what happened?