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HEALTH COACHING

Formal Meditation Log

Each time you do a formal mindfulness practice, I encourage you to fill out the Formal Practice Log below. Reflecting on the thoughts, feelings, and sensations that arise during your practice helps deepen your mindfulness practice and become more self-aware.

Date	Time	Thoughts, feelings + sensations that arose during this practice + how you felt afterwards

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Date	Time	Thoughts, feelings + sensations that arose during this practice + how you felt afterwards