

# Day Journal Sheet

**Day Since Beginning Practice:** \_\_\_\_\_

**Thinking back to my day so far, these moments stand out to me:**

**I am aware of the following changes which are taking place in my thought processes towards visualization (no matter how small, they are worth noting!):**

**My perceptions may very well be shifting in the following ways:**

**The following moments throughout my day stand out to me as different within my sensory thoughtlife:**

