**Press the pause button**Eight Week Mindfulness Course

[**Week 1**](#kix.ekw91o9ccpjo)

[**Week 2**](#kix.x6py4g5f9d7w)

[**Week 3**](#kix.ghwqd7l2vucn)

[**Week 4**](#kix.v40gckmsmm44)

[**Week 5**](#kix.z77tz0tazqqz)

[**Week 6**](#kix.8pzaim3x432)

[**Week 7**](#kix.48hhz9mq2etf)

[**Week 8**](#kix.n0mm4bonpec)

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| **Initial Thoughts and Intentions:Why have you joined this course? What are you hoping to gain from this?** |

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| **Week One -**  |
| **Day 1**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts?  |
| **Day 2**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts? |
| **Day 3**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts? |
| **Day 4**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts? |
| **Day 5**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts? |
| **Day 6**  |
| Engaged in Sitting Meditation Practice? Give details |
| Any Questions/Thoughts? |
| **Day 7**  |
| Engaged in Sitting Meditation Practice? Give details |
| Conclusion from first week of practice. |
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| **Week Two -**  |
| **Day 8**  |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts |
| **Day 9**  |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
|  **Day 10** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 11** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 12** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 13** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 14** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from second week of practice. |
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| **[Week Three -](https://fabiennenoself.s3.eu-west-2.amazonaws.com/DREAM/FAB3.mp3)**  |
| **Day 15** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 16** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 17** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 18** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 19** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 20** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 21** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from third week of practice. |
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| **Week Four :**  |
| **Day 22** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 23** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 24** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 25** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 26** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 27** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 28** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from fourth week of practice. |
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| **Week Five -** |
| **Day 29** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 30** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 31** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 32** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 33** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 34** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 35** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from fifth week of practice. |
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| **Week Six -**  |
| **Day 36** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 37**  |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 38** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 39** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 40** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 41** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 42** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from sixth week of practice. |
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| **Week Seven**  |
| **Day 43** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 44** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 45** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 46** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 47** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 48** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 49** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from seventh week of practice. |
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| **Week Eight -**  |
| **Day 50** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 51** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 52** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 53** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 54** |
| Engaged in Sitting Meditation Practice? |
| Any Questions/Thoughts? |
| **Day 55** |
| Engaged in Sitting Meditation Practice?  |
| Any Questions/Thoughts? |
| **Day 56** |
| Engaged in Sitting Meditation Practice? |
| Conclusion from course and next steps. |
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