BODYEASE

10 - DAY

DIARY

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10-Day Body Ease Diary

To help you track and understand your progress, record your experiences below. Consider what was happening during and after your Body Ease Meditation, and maybe compare it to the previous day or to how you slept that evening. It's entirely your choice. It's about what feels right for YOU.

Day	How you feel	Changes you have noticed
Day 1		
Day 2		
Day 3		
Day 4		



Day	How you feel	Changes you have noticed
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day10		



My memory catalog

Write a descriptive sentence about a happy memory. Thi	is will help during those times you struggle to recall an			
Tip - if you write down your list on an index card, you can carry it in your purse.				

To help you, below is a list of ways you could feel, and possible changes you could notice. Remember: if what you are experiencing or have experienced is not there, that's okay. These are just here as a guide.



How or what do you feel?

Happy Relaxed Calmer Joyful Grateful Hope Interest Serenity Kindness Pleasant
Cheerful Confident Enthusiastic Satisfaction Enjoyment Courage Focused Love
Optimistic Anxious Unfocused Despair Fear Anger Sadness Anticipation Envy
Shame Aggravated Bored Dissatisfied Troubled Stressed Uncomfortable

Changes you have noticed:

I feel happier
I am nicer
I am more aware of how I feel
I am more aware of my breathing
I am more aware of how I am with customers
I feel more relaxed
I am feeling brighter

I am feeling hope
I feel I want to be kinder
I care more
I want to help people more
I love life
I feel nothing
I don't want to do this

I feel resistant about doing this
I feel stupid doing this
I don't see the point
I am struggling to do this
I feel worse
I'm scared