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# **Sep/ Oct 2025**

# Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 –		Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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#### Remember that,

- Mind wandering is normal. I only need to invite myself to focus again at these times.
- What matters the most is taking time and efforts to practice.

- breathing space is also helpful.
- It takes time for noticeable benefits to occur.

Oct 2025

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S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

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Compassionate Self-Talk

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Oct 2025

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# **Nov/ Dec 2025**

## Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 -	- 10	Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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### Remember that,

- Mind wandering is normal. I only need to invite myself to focus again at these times.
- What matters the most is taking time and efforts to practice.

- breathing space is also helpful.
- It takes time for noticeable benefits to occur.

## Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 –	10	Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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# **Mar/ Apr 2026**

## Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 -	- 10	Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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Apr 2026

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# **Apr 2026**

#### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0-1-2-3-4-5-6-7-8-9-10	Very focused throughout

S M T W T F S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 -1	-2-3-4	4 – 5 – 6 – 7	7 – 8 – 9 –	- 10	Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

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Compassionate Self-Talk

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# **Apr/ May 2026**

## Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0-1-2-3-4-5-6-7-8-9-10	Very focused throughout

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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 –	- 10	Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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#### Remember that,

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# **May/ Jun 2026**

## Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 -1 -	2-3-4	4 – 5 – 6 – 7	′ – 8 – 9 –	10	Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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# Jun 2026

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 –	10	Very focused throughout
S	M	Т	W	Т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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# Jun 2026

## Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	l – 5 – 6 –	7-8-9-	- 10	Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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# Jun 2026

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0-1-2	-3-4-5	5 – 6 – 7 –	8 – 9 – 10		Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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## Remember that,

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# **Jun/ Jul 2026**

## Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 -1	-2-3-4	4 – 5 – 6 – 7	7 – 8 – 9 –	10	Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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#### Remember that,

- Mind wandering is normal. I only need to invite myself to focus again at these times.
- What matters the most is taking time and efforts to practice.

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# **Jul 2026**

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	4 – 5 – 6 – 7	7 – 8 – 9 –	- 10	Very focused throughout
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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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# **Jul 2026**

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0 –1	-2-3-4	4 – 5 – 6 –	7 – 8 – 9 -		ery focused roughout
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What did I notice during the practice? (e.g. Difficultie	s I
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Mind wandering is normal. I only need to invite myself to focus again at these times.

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# **Jul 2026**

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

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Cannot focus at all	0 –1	-2-3-4	1-5-6-	7 – 8 – 9 –		Very focused throughout
S	M	Т	W	т	F	S

What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)


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# **Jul/ Aug 2026**

## Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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S M T W T F

Mindful Breathing

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Mindfulness To Thoughts

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Safe Place Imagery

Compassionate Self-Talk

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S M T W T F

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# **Aug/ Sep 2026**

## Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

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What did I notice during the practice? (e.g. Difficulties I encountered, intriguing observations, new discoveries etc.)

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# **Sep 2026**

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S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

Compassionate Self-Talk

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# **Sep/ Oct 2026**

### Mindful Compassion Practice Record

S M T W T F

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

**Loving Kindness** 

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Safe Place Imagery

Compassionate Self-Talk

#### How focused I was in the above mindfulness exercises?

Cannot focus at all	0-1-2-3-4-5-6-7-8-9-10	Very focused throughout

What did I notice during the practice? (e.g. Difficulties I

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Mindfulness To Thoughts

**Loving Kindness** 

Safe Place Imagery

Compassionate Self-Talk

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# **Nov/ Dec 2026**

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