

# 2026

## January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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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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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28 Sun

29 Mon

30 Tue

1 Wed

Oct 2025

2 Thu

3 Fri

4 Sat

Remember that,

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- What matters the most is taking time and efforts to practice.
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Oct 2025

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26 Sun

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30 Sun

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Dec 2025

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Jan 2026

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# Feb 2026

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Mar 2026

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- What matters the most is taking time and efforts to practice.
- During busy times, a practice as brief as a five minutes breathing space is also helpful.
- It takes time for noticeable benefits to occur.

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 – 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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12 Sun

13 Mon

14 Tue

15 Wed

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17 Fri

18 Sat

Remember that,

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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

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

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19 Sun

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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

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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26 Sun

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May 2026

2 Sat

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# 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?

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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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3 Sun

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9 Sat

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# 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

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10 Sun

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Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

Loving Kindness

Safe Place Imagery

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# May 2026

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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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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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24 Sun

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# May/ Jun 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

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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31 Sun

1 Mon

Jun 2026

2 Tue

3 Wed

4 Thu

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6 Sat

### Remember that,

- Mind wandering is normal. I only need to invite myself to focus again at these times.
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Jun 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?

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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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7 Sun

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13 Sat

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# Jun 2026

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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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S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

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Compassionate Self-Talk

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Mindful Compassion Practice Record

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28 Sun

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1 Wed

Jul 2026

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Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

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Loving Kindness

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Compassionate Self-Talk

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Mindful Compassion Practice Record

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# Jul/ Aug 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

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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26 Sun

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Aug 2026

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# Aug 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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8 Sat

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# Aug 2026

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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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# Aug 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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16 Sun

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# Aug 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?

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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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23 Sun

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28 Fri

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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

### 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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30 Sun

31 Mon

1 Tue

Sep 2026

2 Wed

3 Thu

4 Fri

5 Sat

### Remember that,

- Mind wandering is normal. I only need to invite myself to focus again at these times.
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Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

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Loving Kindness

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Compassionate Self-Talk

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S M T W T F S

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6 Sun

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12 Sat

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# 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

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

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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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13 Sun

14 Mon

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Sep 2026

Mindful Compassion Practice Record

S M T W T F S

Mindful Breathing

Mindful Walking

Mindfulness To Thoughts

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27 Sun

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Oct 2026

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Oct 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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4 Sun

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# Nov 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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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

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F

S

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

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15 Sun

16 Mon

17 Tue

18 Wed

19 Thu

20 Fri

21 Sat

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.
- During busy times, a practice as brief as a five minutes breathing space is also helpful.
- It takes time for noticeable benefits to occur.

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

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22 Sun

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25 Wed

26 Thu

27 Fri

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# Nov/ Dec 2026

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29 Sun

30 Mon

1 Tue

Dec 2026

2 Wed

3 Thu

4 Fri

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# Dec 2026

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# Dec 2026

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Jan 2027

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