

MEDITATION JOURNAL

Name: _____

date	meditation type	duration	What you learned (or repeating experiences or note)
	<i>e.g. sitting meditation</i>	<i>30 min</i>	

Total time: _____

DAILY JOURNAL

Name: _____

date	What have I learned from my life today? (or what lessons does your life teach you today? or any repeating the same lesson)	what have I done for others or world today?

BREATH AWARENESS TEST

Record test result: + for positive and – for negative

Name: _____

Week of	MON	TUE	WED	THU	FRI	SAT	SUN	total +	total -
e.g. ++ - -									

Total positive: _____ Total negative: _____

ABOUT THE TEST

The test is very simple: paying attention to your normal breathing just once. But it can provide valuable insights into mental functions and wellbeing.

The test result is either positive or negative. The result is positive if you paid attention to your breathing for a full cycle. Otherwise, the result is negative. (If you do not clearly remember whether you paid attention to your breathing for a full cycle, the result is also negative.)

HOW TO TEST

1. Breathe normally and continue to do so.
2. Just pay attention to your breathing at all times for one full cycle.
3. Record the result.

UNDERSTANDING THE RESULT

- Positive result means: It indicates that the mental functions involved in the test are working well. It is a sign of positive mental wellbeing.

- Negative result means: It indicates one or more of mental functions such as attention, cognition, volition, self-regulation and self-awareness did not work well during the test. But a few negative results do not indicate impairment or negative mental wellbeing but frequent or consistent negative results do.

- For Better Results: Test at least twice a day for one week. Record and count all test results.

Limitations: This test is neither a comprehensive nor a definitive assessment of mental functions or mental health.

HOW IT WORKS

Paying attention to breathing reveals valuable insights into mental functions because it requires integration of various mental functions such as attention, cognition, volition, self-regulation, self-awareness and short-term memory. Paying attention to breathing is pleasant and easy if the mental functions are working well.

BREATH AWARENESS TEST

Name: _____

Week of	MON	TUE	WED	THU	FRI	SAT	SUN	total +	total -
e.g. ++ - -									

Total positive: _____ Total negative: _____

Use + for positive and – for negative to mark to the test result.

Record all the tests.

SHORT MEDITATION LOG

Name: _____

Week of	MON	TUE	WED	THU	FRI	SAT	SUN	total tally	total minute
	e.g. █								


Total tally: _____ Total minute: _____

Use a tally mark to record your practice.

The length of each practice session is 5 minutes unless specified here: _____ minutes

ONE BREATH LOG

Name: _____

Week of	MON	TUE	WED	THU	FRI	SAT	SUN	total tally
	e.g. 							

Total tally: _____

Use a tally mark to record your one mindful (or conscious) breathing.

MEDITATION LOG

Name: _____

Week Of: _____

meditation type	MON	TUE	WED	THU	FRI	SAT	SUN	Total
<i>e.g. sitting meditation</i>	<i>30 m</i>							

Week Of: _____

meditation type	MON	TUE	WED	THU	FRI	SAT	SUN	Total
<i>e.g. sitting meditation</i>	<i>30 m</i>							

Total time: _____

EATING JOURNAL

Name: _____

date	time	duration	What were you aware of while eating? (what else you learned or note)
	<i>e.g.</i> <i>12 pm</i>	<i>20</i> <i>min</i>	

Total time: _____