

# Attentional Absorption Daily Homework Log

## Day 1

### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

## Day 2

### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

### Day 3

#### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

#### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

### Day 4

#### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

#### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

## Day 5

### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

## Day 6:

### Practice Attentional Absorption Meditation - *Sitting at Home:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

### Practice Attentional Absorption Meditation - *During Activity:*

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?

**Day 7:**

**Practice Attentional Absorption Meditation - *Sitting at Home:***

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in sensory awareness?

**Practice Attentional Absorption Meditation - *During Activity:***

Duration:

What distracted me?

How successful was I at redirecting my attention to being absorbed in activity I was doing?