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?
Thow successful was rat redirecting my attention to being absorbed in sensory awareness:
Practice Attentional Absorption Meditation - During Activity:
Duration:
What distracted me?
What distracted file.
How successful was I at redirecting my attention to being absorbed in activity I was doing?
Day 2
Day 2
Practice Attentional Absorption Meditation - Sitting at Home:
Practice Attentional Absorption Meditation - Sitting at Home:
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Practice Attentional Absorption Meditation - Sitting at Home: Duration:
Practice Attentional Absorption Meditation - Sitting at Home:
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Practice Attentional Absorption Meditation - Sitting at Home: Duration: What distracted me?
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Day	3
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Duration:
What distracted me?
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How successful was I at redirecting my attention to being absorbed in sensory awareness?
Practice Attentional Absorption Meditation - During Activity:
Duration:
Duration.
What distracted me?
How successful was I at redirecting my attention to being absorbed in activity I was doing?
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Day 4
Day 4 Practice Attentional Absorption Meditation - Sitting at Home:
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Practice Attentional Absorption Meditation - Sitting at Home: Duration: What distracted me?
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Day	5
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Practice Attentional Absorption Meditation - Sitting at Home:
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What distracted me?
How successful was I at redirecting my attention to being absorbed in sensory awareness?
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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?
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Day 6:
Practice Attentional Absorption Meditation - Sitting at Home: Duration:
Duration:
What distracted me?
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Practice Attentional Absorption Meditation - <i>During Activity</i> :
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?