

Daily practice log

Practice	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Mindfulness							
Checking in with motivation to work with anger							
Considering how you want to change your brain							
Reflect on the person you want to be							
Consider an obstacle and how to work with it							
Connect with a flow of compassion							

Practice notes

Day	What was helpful?	What obstacles came up?
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		