The Sit

For a few minutes, sit comfortably or stand somewhere quiet. Give your attention one place to return to. After each sit, note where you started, where your attention went, what it was like to return and what you noticed.

Day 1

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

Day 2

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

Day 3

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

The Sit Days 4 to 6

Return to the practice you picked. Give yourself a moment to notice how the day was going before you sat down.

Day 4

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

Day 5

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

Day 6

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

The Sit Day 7 and Review

Look back across the week after you finish the seventh sit. Use an example you can name.

Day 7

Minutes and mode. Before I sat. Where I went. How I came back. What I noticed.

Where my attention went most often

What was usually happening before I drifted?

What helped me return

Which time, place or cue worked for me?

What I want to keep practicing

Choose how and when you will try again.