|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Wk | Type of Task | Task | Progress | Useful/Interesting rating 1-5 |
| 0 | Reading | <https://markmanson.net/your-two-minds> |  |  |
| Reading | <https://leftbrainbuddha.com/living-a-mindful-life-why-practice-mindfulness/> |  |  |
| 1 | Informal Meditation | Mindful Walk |  |  |
| Formal Meditation | 3 minute breathing space (x5) |  |  |
| Reading | <https://www.bakadesuyo.com/2019/06/mindfulness-rituals/> |  |  |
| Listening | <http://www.podtrac.com/pts/redirect.mp3/feeds.soundcloud.com/stream/286093846-being-well-episode-17-mindfulness-with-jack-kornfield.mp3> |  |  |
| 2 | Informal Meditation | Mundane from list |  |  |
| Formal Meditation | Body Scan (x5) and/or mindful movements |  |  |
| Reading | Forming habits <https://jamesclear.com/habit-guide> |  |  |
| Listening | Listen to someone (100% listening) for at least one conversation each day |  |  |
| 3 | Informal Meditation | 3 minute breathing space whenever get a bit angry/grumpy/stress/spiralling |  |  |
| Formal Meditation | 10 minute mindful breathing (x5) |  |  |
| Reading | <https://www.bakadesuyo.com/2016/08/neuroscience-of-mindfulness/> |  |  |
| Listening | Richie Davidson being interviewed on science & education interview with Krista Tippet <http://dts.podtrac.com/redirect.mp3/feeds.soundcloud.com/stream/49690067-onbeing-investigating-healthy-minds-1.mp3> and <http://dts.podtrac.com/redirect.mp3/feeds.soundcloud.com/stream/575357952-richard-davidson-a-neuroscientist-on-love-and-learning-feb2019.mp3> |  |  |
| 4 | Informal Meditation | Mundane mindfulness from list |  |  |
| Formal Meditation | Counting breaths <https://insig.ht/ZSVviB3UPX> |  |  |
| Reading | <https://leftbrainbuddha.com/meditation-tips-6-meditation-problems-arent-really-problems/> |  |  |
| Writing | Reflect on your progress with mindfulness so far |  |  |
| Listening | Is Buddhism a Religion? <http://www.podtrac.com/pts/redirect.mp3/feeds.soundcloud.com/stream/279464496-secularbuddhism-25-is-buddhism-a-religion.mp3> |  |  |
| 5 | Informal Meditation | Find and practice a flow activity |  |  |
| Formal Meditation | <http://traffic.libsyn.com/wakingup/112643452-samharrisorg-mindfulness-meditation-9.mp3?dest-id=480596> |  |  |
| Reading | <https://leftbrainbuddha.com/starting-a-meditation-practice/>  or <https://leftbrainbuddha.com/mindful-minute-10-simple-ways-bring-peace-day/> |  |  |
| Listening | <http://traffic.libsyn.com/wakingup/Waking_Up_111_Goleman_Davidson.mp3?dest-id=480596> |  |  |
| 6 | Informal Meditation | Mindful eating |  |  |
| Formal Meditation | Listening meditation |  |  |
| Reading | <https://www.theguardian.com/lifeandstyle/2019/jun/14/the-mindfulness-conspiracy-capitalist-spirituality> (also available as a podcast <https://flex.acast.com/audio.guim.co.uk/2019/07/02-56994-gdn.lr.190702.sb.the-mindfulness-conspiracy.mp3>) |  |  |
| Listening | <http://c.abcnewsradio.com/audio/2813020/2813020_2016-06-21-141020.96.mp3> |  |  |
| 7 | Informal Meditation | Peas app |  |  |
| Formal Meditation | Joseph Goldstein leading a meditation on thoughts <http://c.abcnewsradio.com/audio/2788899/2788899_2016-06-10-183239.96.mp3> |  |  |
| Reading | <https://www.bakadesuyo.com/2018/06/how-to-stop-worrying-2/> and <https://www.bakadesuyo.com/2017/12/make-better-decisions/> |  |  |
| Listening | <https://mcdn.podbean.com/mf/web/k6vjd3/How_to_Fail_-_Mo_Gawdat.mp3> (especially middle part) |  |  |
| 8 | Informal Meditation | Gratitude Diary |  |  |
| Formal Meditation | Metta |  |  |
| Reading | <https://leftbrainbuddha.com/living-mindful-life-what-is-mindfulness/> |  |  |
| Writing | Complete journal, reflecting on next steps to share next week |  |  |
| Listening | Tara Brach podcast <http://traffic.libsyn.com/tarabrach/2018-07-18-What-Is-It-Like-Being-You-TaraBrach.mp3?dest-id=138667> |  |  |
| Ideas you might want to take forward | | | | |
| 9 | Informal Meditation | Breathing Spaces  Mindful movements/walks  Mindful senses (Sounds, Tastes, Sights, Touch, Smells)  Mundane Mindfulness |  |  |
| Formal Meditation | Mindfulness of Breathing, Body scans and Metta using apps:  Insight Timer  Stop Breath & Think  Headspace  10% Happier  Calm |  |  |
| Reading | Books such as:  Mindfulness: A Practical Guide to Finding Peace in a Frantic World (Mark Williams, Danny Penman)  Meditation for Fidgety Skeptics (Dan Harris)  Frazzled (Ruby Wax)  Hardwiring Happiness (Rick Hanson)  Advice not Given: A Guide to Getting Over Yourself (Mark Epstein)  Taming the Tiger Within (Thich Nhat Hanh)  Radical Acceptance (Tara Brach)  Blogs such as:  Barking up the Wrong Tree: <https://www.bakadesuyo.com/>  James Clear: <https://jamesclear.com/articles>  Left Brain Buddha: <https://leftbrainbuddha.com/>  Blissful Mind: <https://theblissfulmind.com/blog/> |  |  |
| Writing | Daily Gratitude Journal  General mindfulness journalling |  |  |
| Listening | Podcasts such as:  10% Happier  Audio Dharma  Tara Brach  Being Well  Secular Buddhism (Noah Rasheta) |  |  |