



Week 2 of the EO Challenge

You're invited to repeat the body and breath meditation from this week's session at another time this week. Follow it up by completing this worksheet at a time that suits you.

What did you notice about your body during that meditation?

e.g. any sensations that you noticed, any lack of sensations, any discomfort, any changes in sensations over time, any difference between one side of the body and the other?

What did you notice about your breath?

e.g. anything that surprised you, frustrated you, reassured you? Any general observations about the in breath and/or the outbreath?

What did you notice about your mind/thoughts during the meditation? How did it feel to notice this? e.g. restful, ruminating, busy, fast, slow, repetition, being pulled away.