



INTENTIONALITY PRACTICE

Date and Time of Observation:

Context

Where are you:

What are you doing:

What is happening around you:

Observe Your Internal Reactions

What emotions are you feeling:

What physical sensations are you experiencing:

What thoughts do you have on your mind:

What do you have an urge to do:

What are you trying to avoid doing:

Goals and Choices

Is there anything that you should be addressing or working on at that moment:

List the choices that you have for what you pay attention to or do for the next one hour. It does not have to be something urgent, but it should be chosen consciously.

Are there any differences between your chosen action and how you would have spent your next hour if you were on autopilot.

Make note of the reason for deciding on your choice of action.