



REFLECTING ON YOUR PRACTICE

Use the HeartMind Adventure square (Figure 3.2) to reflect on the value of your practice and your progress. We recommend keeping a journal during the first 40 days. Here are some things to consider:

- Do you notice any changes in your flexibility, feeling of well-being, or mental alertness?
- What happened over the course of the 40 days? Did you lengthen the amount of time at each step?
- Did the quality of your meditation change?
- Did you notice any changes in your levels of stress or reaction to stress?