



## Weekly Monkey Mind activity log and worksheet (goodbye monkey mind!)

Each week you will have 3 assignments: read the weekly info sheet, put the learning into practice with a simple activity and listen to a guided meditation or visualization that will take no longer than 10 minutes. All told, participating in this 5-week class will take you, on average, 30-35 minutes a week.

Complete the chart below to keep you on track with the program and briefly document your experience and understanding. You will upload your chart as part of the completion survey at the end of the program.

Note: click in each column to begin typing.



# Weekly Monkey Mind Activity Log and Worksheet



week 1

1. Information Sheet	2. Activity	3. Guided Meditation Recording
<p>I've read it!</p> <p>What is your overarching takeaway?</p>	<p>This week's activity is:</p>          <p>How could the principle behind this activity be useful to you?</p>	<p>I've completed it!</p> <p>What was the experience of doing this meditation like for you?</p>          <p>What did you get out of it?</p>



# Weekly Monkey Mind Activity Log and Worksheet

week 2



1. Information Sheet	2. Activity	3. Guided Meditation Recording
<p>I've read it!</p> <p>What is your overarching takeaway?</p>	<p>This week's activity is:</p>          <p>How could the principle behind this activity be useful to you?</p>	<p>I've completed it!</p> <p>What was the experience of doing this meditation like for you?</p>          <p>What did you get out of it?</p>



# Weekly Monkey Mind Activity Log and Worksheet



week 3

1. Information Sheet	2. Activity	3. Guided Meditation Recording
<p>I've read it!</p> <p>What is your overarching takeaway?</p>	<p>This week's activity is:</p>          <p>How could the principle behind this activity be useful to you?</p>	<p>I've completed it!</p> <p>What was the experience of doing this meditation like for you?</p>          <p>What did you get out of it?</p>



# Weekly Monkey Mind Activity Log and Worksheet

week 4



1. Information Sheet	2. Activity	3. Guided Meditation Recording
<p>I've read it!</p> <p>What is your overarching takeaway?</p>	<p>This week's activity is:</p>          <p>How could the principle behind this activity be useful to you?</p>	<p>I've completed it!</p> <p>What was the experience of doing this meditation like for you?</p>          <p>What did you get out of it?</p>



# Weekly Monkey Mind Activity Log and Worksheet



week 5

1. Information Sheet	2. Activity	3. Guided Meditation Recording
<p>I've read it!</p> <p>What is your overarching takeaway?</p>	<p>This week's activity is:</p>          <p>How could the principle behind this activity be useful to you?</p>	<p>I've completed it!</p> <p>What was the experience of doing this meditation like for you?</p>          <p>What did you get out of it?</p>

