Visualization

"Breathing is central to every aspect of meditation training. It's a wonderful place to focus in training the mind to be calm and concentrated." – Jon Kabat-Zinn

Describe the image of your "happy place" during the visualization exercise:

Building a visualization practice

For 3–5 minutes per day, (when) , I will do my visualization exercise (where) .

Day of week	Sense to focus on	Completed?	What emotion(s) did you notice?
	Sound only	☐ Yes ☐ No	
	Sight	☐ Yes ☐ No	
	Smell	☐ Yes ☐ No	
	Taste	☐ Yes ☐ No	
	Touch	☐ Yes ☐ No	
	Sound, sight, smell, taste, and touch	☐ Yes ☐ No	
	Sound, sight, smell, taste, and touch	☐ Yes ☐ No	

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