

# PERSONAL PRACTICE - WEEK TWO:

## *Wisdom Questions*

- What happens when I'm continually pulling back or resisting?
- What is possible by learning to stay and inviting compassion to the experience?

## *10-15 Minute Daily Practice*

- What barriers are you facing that make it difficult to practice?
- Remember that you cannot do this incorrectly. Every time you catch your mind wandering, you are actually training yourself to become aware!
- Feel free to use a guided meditation.

## *Journal Notes / Questions for Next Week:*