

HOME PRACTICE FOLLOWING CLASS FIVE

1. Practice Choiceless Awareness five times before we meet again. Use the recorded meditations on our website for guidance.
2. Do 15 minutes of mindful movement (walking meditation, yoga, soles of the feet) five times before our next class.
3. Complete the *Awareness of Difficult Communications Calendar* which can be found on our website, and bring it with you to class six.
4. During the week, bring awareness to moments of reactivity, exploring them and if possible, using the breath to slow things down before responding. If not, then simply noticing being caught in the reactive moment and seeing if it is possible to offer a mindful response.
5. Choose a different routine activity in your daily life and make a deliberate effort to bring *moment-to-moment* awareness to that activity each time you do it. Simply zero in on *knowing what you are doing as you are actually doing it*.
6. Continue to mindfully bring attention to one meal or part of one meal each day.
7. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.