



Mindfulness – An 8 Week Introductory Course

Week 1 – Autopilot

HANDOUT 1.1 – Summary of this week

Mindfulness

is sometimes defined as an intentional awareness of the present moment – without judgement or criticism or the desire to change it.

Mindfulness seems to be difficult, but it really isn't.

**It is simply honing your skill to watch
and let go of the need to “control” it.**

There is no “right” or “wrong” way.

**It is more important to do
Mindfulness practice every day
– even a short practice -
than none at all.**



Mindfulness – An 8 Week Introductory Course

Week 1 – Autopilot

HANDOUT 1.2 – Homework

1. Body Scan Meditation – 1 x daily with audio. Don't have any expectations, just let yourself experience being in the moment. Don't judge it, or things that happen during it. It is all part of your experience. Just keep doing it, and we'll talk about it next week.
2. Record on the Homework Record Form each time you listen to the Meditation and make a note of anything you notice in particular or how you feel afterwards, etc.
3. Choose one routine activity in your daily life and bring mindful awareness to that activity each time you do it, just as we did in the raisin exercise. Possibilities include getting up in the morning, brushing your teeth, showering, drying your body, getting dressed, eating, driving, taking out the rubbish, etc.. It is simply focussing your full attention on what you are doing as you are actually doing it, noticing the details.
4. Note any times when you find yourself able to notice what you eat, in the same way you noticed the raisin.
5. Eat at least one meal “mindfully,” in the way that you ate the raisin.



Mindfulness – An 8 Week Introductory Course

Week 1 – Autopilot

HANDOUT 1.3 – Homework Record and notes

Name: _____ Date Commencing: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meditations							
Body Scan with Audio							
Raisin exercise (if you wish)							
Mindful Behaviour							
Eat 1 entire meal mindfully as you did the raisin							
Mindful Awareness of a routine daily activity (e.g. brushing teeth)							

Mindfulness – An 8 Week Introductory Course

Week 1 – Autopilot

HANDOUT 1.3 – Homework Record and notes

Daily Notes on Meditations

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

Any Other Notes or Comments: