



# Alternate Focused Attention and Body Scan

10-30 minutes/day

**Friday, June 18**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Saturday, June 19**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

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**Sunday, June 20**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Monday, June 21**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Tuesday, June 22**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_



**Wednesday, June 23**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

**Thursday, June 24**

What are you grateful for?

What are you looking forward to?

Did you notice or perform an act generosity or kindness?

What's here now? \_\_\_\_\_

