



**Awareness Practice/Journal Seminar 2**  
*The Individual Self*

1. Did I approach my meditation today with the beginner's mind?
2. Was I able to be present in my body and become the witness to the arising of life?
3. When my focus wandered, was I able to bring it back without judgment?
4. Was I able to be aware of and interact with the natural world?
5. Did I touch base with my accountability partner today?