

Mindfulness for Men

Workbench Exercise

Lesson 1: Anchoring Our Attention

| Weekly Practice | | | |
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| Breath Awareness (Date and Reflection) | | eg. Monday: Counting/visualizing breaths helped me focus | |
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| Finding Your Ground (Date and Reflection) | | | |
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| Mindful Eating (Date and Reflection) | | | |
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