## ****Journal****

Save this file and complete the boxes every week. It’s a requirement if you want a certificate of completion for CPD purposes.

Your name:

Course start date :

**Week 1**

What practices have you tried out this week, and how often?

What triggers or reminders are you finding work best for you?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 2**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 3**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 4**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 5**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 6**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 7**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Week 8**

What practices have you tried out this week, and how often?

What effect have you noticed in terms of your stress, anxiety, or other aspects of personal health?

What effect has this had on your work, concentration/focus, reactivity, relationships etc?

**Concluding remarks**

What’s the best thing that you’ve found about doing the course, or how have you changed?

How will you keep it going?

How could we make it work even better for others?

**Many thanks – send this to us and we’ll send back your certificate.**

Send to: logbook@mindfulwork.co.uk