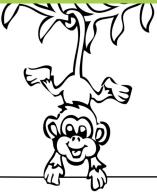
Name:		

TRAINING HE



MONKEY

Date: _

Training your monkey mind is no small task, but by mastering your monkey mind, you'll likely find yourself feeling more in control of your behaviours, emotions, and reactions. Take a moment to reflect on your experience with meditation this week. What did you like? What didn't you like? What was easy? Did you notice anything that felt different over the week? Will you continue practicing meditation on your own? Why or why not?

Try to complete this exercise mindfully. Don't feed your monkey mind by letting your

ughts wander or bringing judgment to this journaling session. Instead, use your new is to continue training that crazy little monkey mind of yours – consistency is key!						