

WEEK EIGHT: CULMINATING PRACTICE:
Integrated Daily Emotional Balance Practice

THEME: Integrating compassion into all of one's life

Guided Meditation Practice in Class and for Home Practice:

- Integrated Daily Emotional Balance Practice

Informal Daily Practice:

- This week, consider how you would like to continue bringing awareness to emotional balance in everyday life. Reflect on your favorite informal practices and your own intentions for choosing this in everyday life.

Week 8 Class Notes and Reflections

Use this page to take notes during class, and/or record your thoughts, feelings, observations, and questions related to this week's class session.

Week 8 Meditation Practice

Meditation: Integrated Daily Emotional Balance Practice

Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.

Practice Time	Questions & Observations
Day 1 (Friday)	
Day 2 (Saturday)	
Day 3 (Sunday)	
Day 4 (Monday)	
Day 5 (Tuesday)	
Day 6 (Wednesday)	
Day 7 (Thursday)	

Week 8 Meditation Practice

Meditation: Integrated Daily Emotional Balance Practice

Overall reflections on this week's meditation practice:

Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:

Week 8 Informal Compassion Practice

Use this page to record any thoughts or observations about this week's suggestions for bringing emotional balance into everyday life.

End-Course Self-Reflection

1. What practices and/or ideas inspired me and/or supported me the most?

2. What practices and/or ideas challenged me the most?

3. What did I hear, observe, or discover that I most needed to learn, see, or remember?

4. How did the process of meditating and informal practices influence my personal well-being and relationships with others?

5. What did I do to support my own formal meditation practice and/or stay open to the ideas of this course, and what am I going to do to continue to support myself in this lifelong practice?