

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG			
1	<b>TIMELINE: Daily</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	sum			
2	MOMENTS Being & Knowing																																			
3	Concentration & Observation																																			
4	Focus STAR																																			
5	Focus on being (/doing) Breath. Feet.																																			
6	Focus on Sensing (5 senses)																																			
7	Focus on Body (sitting, standing, walking)																																			
8	Focus on noticing / labelling body sensations																																			
9	Focus on noticing / labelling thoughts																																			
10	Focus on noticing / labelling emotions																																			
11	Focus on noticing limits/ possibilities																																			
12	Focus on sounds																																			
13	Focus on pleasant experience																																			
14	Focus on unpleasant experience																																			
15	Focus on Turning TOWARDS Adversity																																			
16	Focus on Unconditional Friendliness																																			
17	Informal: walking																																			
18	Informal: care & hygiene																																			
19	Informal: eating/ drinking																																			
20	Informal: listening, focus on person																																			
21	Informal: domestic chores																																			
22	Coping: OUT Breath																																			
23	Coping: STAR																																			
24	Coping: Gratitude practice (counting 10)																																			
25	Coping: Turning TOWARDS Adversity																																			
26	Coping: Unconditional Friendliness																																			
27																																				
28																																				