

Formal Practice Worksheet

Name: _____

Date: DD / MM / YY

Samadhi Worksheet

This worksheet can be used in conjunction with the Sila Worksheet to compare how the formal practice is carrying through to moment to moment practice.

Time	am	pm	Duration
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Which area of the training is emphasised *(describe each relevant area)*

Upright Effort	Upright Mindfulness	Upright Concentration
<i>e.g., Diminishing unskilled qualities; cultivating skilful qualities.</i>	<i>e.g., Which practice are you using? Metta; anapanasati..</i>	<i>e.g., Rate out of ten the level of focus during the session; Which Jhana factors are present. Or level of Jhana attained.</i>

Describe The Session

Describe the main mind state *(see the third tetrad of the Mahasatipaṭṭhāna sutta)*

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What were the main difficulties

What practice/s would be of benefit to this aim

Review Of Effectiveness (in both short & long term)

Short term	1	2	3	4	5	6	7	8	9	10
Long term	1	2	3	4	5	6	7	8	9	10
