

Daily Record of Loving Kindness Meditation

Use the scale below to indicate how easily you were able to experience kindness towards yourself. You may also like to include comments about your practice such as specific phrases you liked, who you were imagining sending kindness to, or perhaps why you missed practice.

Feeling very unkind	0	1	2	3	4	5	6	7	8	9	10	Feeling very kind
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Day	Date / Time	Kindness level before practise	Kindness level after practise	Comments
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			

	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			