

**Halfway Review**

*We are now halfway through the mindfulness course and you may be noticing the seed of your Mindfulness practice growing in some ways in your life. This halfway review offers a chance for you to reflect on this. You may wish to do this privately or you may choose to email your form to your instructor.*

**How is the course going for you so far?**

**What, if anything, are you learning that is making a difference in how you are living your daily life?**

**How is your home practice going?**

*When are you finding it best to do it? What gets in the way? If you are finding it challenging to do the practices during the week, how are you working with that?*

**Are there any questions that you’d like to ask or anything you’d like to bring to my attention?**