

CONSCIOUS CARE AND SUPPORT (CCS)

Preparation and Learning Log

Date: _____

I.D. Number: _____

Important insights and/or skills resulting from this session are:

(Use back of page if required)

An example of how I am applying the insights and skills from CCS is:

(Use back of page if required)

The number of times over the past week that I practised mindfulness was:

1 2 3 4 5 6 7

My level of preparation (e.g. reading) for today's session was:

Please Circle: Limited Partial Fully
