

Thought recorder exercise - 10 minutes



Notes

This exercise is designed to help us to notice how many thoughts we have each minute, even when we are not particularly trying to have any thoughts, or being particularly stimulated.

Please go somewhere you are hopefully not going to be disturbed or too distracted for ten minutes, and when you are ready please start your timer, you can use the video timer on the Meditation Rocks Henley Hub (meditationrocks.co.uk/henley-hub)

In the ten minutes, please jot down any major thoughts you have over the course of each minute.

Please feel free to turn over if you need to also use the space on the back.

In the notes section at the end, please make any observations on the following:

- How long the length of time (ten minutes) felt to you
- How many thoughts you had (was it more or less than you thought?)
- Were there any/many repeat thoughts?
- Any other observations?

Minute One

Minute Two

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Minute Three

Minute Four

Minute Five

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Minute Six

Minute Seven

Minute Eight

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Minute Nine

Minute Ten

Observations