

SUNDAY

Regrets / Apologies	Rejoicings / Appreciation

MONDAY

Regrets / Apologies	Rejoicings / Appreciation

Practice Diary – Confession & Rejoicing

See if you can bring confession & rejoicing more consciously into your everyday life.

- Apologise promptly for any actions or communications you regret, even if slightly.
- Consciously dwell on peoples' positive qualities. Look out for occasions to appreciate people; and do it!
- At the end of each day, note these down below. Also reflect on any actions, words, or mental states that you regret on ethical grounds; and any actions or qualities about yourself that you appreciate.

TUESDAY

Regrets / Apologies	Rejoicings / Appreciation

WEDNESDAY

Regrets / Apologies	Rejoicings / Appreciation

THURSDAY

Regrets / Apologies	Rejoicings / Appreciation

FRIDAY

Regrets / Apologies	Rejoicings / Appreciation

SATURDAY

Regrets / Apologies	Rejoicings / Appreciation