

**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