

6¹⁵ 7³⁰

I cook and mediate 2 parts of me. Ends up being more like a session of expressing themselves rather than making any headway meditation-wise. I write a diary entry.

17³⁰ 19³⁰

Still cooking. I read a little more. I sing, record my voice as our coach suggested. I practice queuing a yoga sequence out loud, without doing the movements, as teacher suggested. We have dinner together. Kids don't like the food and end up cooking hotdogs for themselves.