**Evaluation and exchange of experiences with meditation at home**

Before the next class, write down the answers to the next questions in the form:

What was your personal goal at the beginning of the course? …………………………………………………………………………………………………..

…………………………………………………………………………………………………..

Which mark did you give yourself for it then, and which one did you want to reach at the end of the course? …………………………………………………………………………………………………..

What mark do you give yourself now? …………………………………………………………………………………………………..

How often have you meditated at home, on average, in the last few weeks?

…………………………………………………………………………………………………..

How often have yourdone any sports in the last few weeks, on average?

…………………………………………………………………………………………………..

Have you developed any other new good habits?

…………………………………………………………………………………………………..

What do you want to invest in the next few months?

…………………………………………………………………………………………………..

What are your three most important learning experiences?

1:………………………………………………………………………………………………...

…………………………………………………………………………………………………..

2:………………………………………………………………………………………………...

…………………………………………………………………………………………………..3:………………………………………………………………………………………………...

…………………………………………………………………………………………………..

Do you have any further questions, challenges, that we should pay attention to in class, so that you can continue your practice properly?

Do bring in this filled-out hand-out next week! …………………………………………………………………………………………………..…………………………………………………………………………………………………..