

# Contemplative exercises: a four-week planner\*

Use this four-week planner of contemplative activities, including articles, poems, podcasts and exercises to help improve your daily resilience.

If you can, try completing one activity per day. (Note: some activities have been listed more than once with the intention that you approach them at different times with new perspectives.)

## Week 1

<b>P Palmer</b>	Article: <a href="#">Hope is the place where joy meets struggle</a>
<b>Bodhipaksa</b>	Exercise (30 minutes): <a href="#">Mindful breathing</a>
<b>Mind and Life</b>	Video (11 minutes): <a href="#">Science of compassion</a>
<b>D Whyte</b>	Poem: <a href="#">The Well of Grief</a>
<b>V Burch</b>	Exercise (15 minutes): <a href="#">Breath based body scan</a>
<b>Bodhipaksa</b>	Exercise (5 minutes): <a href="#">Loving-kindness practice</a>
<b>K Neff</b>	Exercise (16 minutes): <a href="#">Working with emotions in the body</a>

## Week 2

<b>S Sandberg + A Grant</b>	Podcast (52 minutes): <a href="#">Resilience after unimaginable loss</a>
<b>T Brach</b>	Exercise (30 minutes): <a href="#">Befriending and Opening to life</a>
<b>The Arrow</b>	Article: <a href="#">Contemplative empowerment and social change</a>
<b>W Whitman</b>	Video (8 minutes): <a href="#">Song of myself</a>
<b>V Burch</b>	Exercise (15 minutes): <a href="#">Breath based body scan</a>
<b>Bodhipaksa</b>	Exercise (5 Minute): <a href="#">Loving-kindness practice</a>
<b>K Neff</b>	Exercise (16 minute): <a href="#">Working with emotions in the body</a>

## Week 3

<b>P Iyer</b>	Podcast (8 minutes): <a href="#">The inner world is a great undiscovered terrain</a>
<b>JM Pedulla</b>	Exercise (20 Minute): <a href="#">Forgiveness practice</a>
<b>M Funes</b>	Article: <a href="#">Becoming a contemplation Activist</a>
<b>V Burch</b>	Exercise (15 minutes): <a href="#">Breath based body scan</a>
<b>Bodhipaksa</b>	Exercise (5 minutes): <a href="#">Loving-kindness practice</a>
<b>K Neff</b>	Exercise (16 minute): <a href="#">Working with emotions in the body</a>
<b>K Tippett</b>	Podcast (7 minutes): <a href="#">Why I don't do Christmas</a>
<b>N Shihab Nye</b>	Poem: <a href="#">Kindness</a>

## Week 4

<b>Bodhipaksa</b>	Exercise (30 minutes): <a href="#">Mindful breathing</a>
<b>D Levy</b>	Article: <a href="#">Mindful tech: how to bring balance to our digital lives</a>
<b>V Burch</b>	Exercise (15 minutes): <a href="#">Breath based body scan</a>
<b>Bodhipaksa</b>	Exercise (5 minutes): <a href="#">Loving-kindness practice</a>
<b>K Neff</b>	Exercise (16 minute): <a href="#">Working with emotions in the body</a>
<b>M Wertheim</b>	Podcast (52 minutes): <a href="#">The grandeur and limits of science</a>
<b>JM Pedulla</b>	Exercise (20 minutes): <a href="#">Forgiveness practice</a>
<b>P Palmer</b>	Article: <a href="#">5 questions for crossing the threshold</a>