



## My daily practice

I WILL MEDITATE \_\_\_\_\_ X/WEEK

FOR \_\_\_\_\_ MINUTES \_\_\_\_\_ AT THIS TIME:

MY TRIAL & ERROR PERIOD WILL LAST \_\_\_\_\_ DAYS

## Perspective

WHAT IS MOTIVATING ME TO WANT TO START A DAILY PRACTICE?  
WHAT RESULTS DO I WANT?

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"WE FIRST MAKE OUR HABITS, THEN OUR HABITS MAKE US"  
JOHN DRYDEN

# YOUR MEDITATION WORKSHEET

**HOW DO I WANT TO APPROACH THIS ENDEAVOR?  
(IN TERMS OF ENERGY, ATTITUDE, INNER-DIALOGUE)**

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**WHEN I SLIP, HOW DO I WANT TO RECOVER?  
(WHY DID I MESS UP? WHAT CAUSED IT? HOW WILL I RESPOND?)**

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**ASSESSMENT PERIOD:  
WHAT DID I GAIN? WHAT DO I FIND MOST CHALLENGING?  
HOW AM I DIFFERENT? HOW DO I FEEL OVERALL?**

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**ASSESSMENT PERIOD:  
AM I GETTING WHAT I WAS SEEKING? DO I WANT TO CONTINUE? DO I WANT  
TO MAKE ANY CHANGES? AND IF SO, WHAT?**

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