

# PRACTICE JOURNAL



Date: \_\_\_/\_\_\_/\_\_\_

Woke: \_\_\_ : \_\_\_ Bed \_\_\_ : \_\_\_

Any Dreams? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What are you grateful for & why?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Breathwork Sequence? Yes \_\_\_ No \_\_\_

Body Scan? Yes \_\_\_ No \_\_\_

Meditation \_\_\_\_\_ minutes

Yoga or mindful movement of choice: \_\_\_\_\_ Minutes: \_\_\_\_\_

Reading? Book: \_\_\_\_\_ Minutes: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_