



## Personal Practice Plan

*Take a moment to make your personal practice plan.*

*What is your personal commitment to yourself?*

*These are personal to you and look different for each person, use the templates below as inspirations to begin committing to your well-being.*

### Choosing From Three Practices Per Day Option:

|           |
|-----------|
| Option 1: |
| Option 2: |
| Option 3: |

### Weekly/Daily Commitment Template Option:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|        |         |           |          |        |          |        |

### Morning, Afternoon, Evening Option:

|            |
|------------|
| Morning:   |
| Afternoon: |
| Evening:   |

### Guiding Questions:

***Do you want an accountability partner? Do you want to set a practice schedule goal? Do you want a specific timeframe for goals? What barriers may exist and how can you create the conditions for success? Ask: Who, What, Where, When, Why, How***