



Designing Your Practices Worksheet

Depending on what life throws at us, we might not always have time for our regular practice. It's helpful to have a few practices designed so that even with a small amount of time, you can still get grounded, centered and steady. Use this worksheet to design your practices.

30-60-Minute Practice

Activity 1: _____ Length of time _____

(journaling, meditation, reading, stretching, etc.)

Activity 2: _____ Length of time _____

Activity 3: _____ Length of time _____

Activity 4: _____ Length of time _____

Activity 5: _____ Length of time _____

NOTES:

10- Minute Practice

Activity 1: _____ Length of time _____

(journaling, meditation, deep breathing, etc.)

Activity 2: _____ Length of time _____

Activity 3: _____ Length of time _____

NOTES:

60-Second Practice

Activity 1: Set a timer and simply close your eyes and tune into your breathing for one minute.

OR

Activity 2: Set a timer for one minute, sit down and repeat one of the following mantras:

- I can handle this
- All is well
- I am calm and steady
- I am grateful for this moment
- I am surrounded by love and support
- I am capable and strong
- I am choosing peace



AWAKEN. BLOOM. FLOURISH.
THRIVE