

Notebook for 28-Day Practice

Use the following pages as a guide and support to get the most out of the 28-day practice to “Finding Harmony with our Daily Lives.”

Day 1: Take Two Deep Breaths

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 2:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 3:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 4:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 5:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 6:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 7:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 8:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 9:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 10:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 11:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 12:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 13:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 14:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 15:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 16:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 17:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 18:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 19:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 20:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 21:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 22:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the
practice? _____

Day 23:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the
practice? _____

Day 24:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 25:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 26:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____

Day 27:

How do I feel before? _____

How do I feel after? _____

What am I noticing? _____

Thoughts about the practice? _____
