

# 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:

How do I feel before?

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How do I feel after?

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What am I noticing?

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Thoughts about the practice?

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# Day 2:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 3:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 4:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 5:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 6:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 7:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 8:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 9:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 10:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 11:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 12:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 13:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 14:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 15:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 16:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 17:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 18:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 19:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 20:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 21:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 22:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 23:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 24:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 25:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 26:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 27:

How do I feel before? \_\_\_\_\_

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How do I feel after? \_\_\_\_\_

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What am I noticing? \_\_\_\_\_

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Thoughts about the practice? \_\_\_\_\_

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# Day 28:

How do I feel before? \_\_\_\_\_  
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How do I feel after? \_\_\_\_\_  
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What am I noticing? \_\_\_\_\_  
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Thoughts about the practice? \_\_\_\_\_  
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