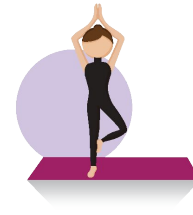




Personal Practice Journal



Date	Time <i>(ex. 4pm-5:30pm)</i>	Location	Moon Phase <i>(download app to keep track)</i>	Weather Conditions <i>(ex. 60 degrees outside. The room was the right temperature.)</i>

What did you do for practice? Why? <i>(describe as many elements as you can briefly)</i>	Reflect on Pre and Post Practice sentiments and feelings. <i>(physical, mental, emotional)</i>	What were some challenges you faced during the practice? <i>(inattentiveness, frustration, aggression, etc)</i>

What would you keep the same? What would you change?	Did the practice move you toward your overall sankalpa for practice and life?

