

Daily Practice Worksheet

Name: _____

Date: DD / MM / YY

Check-in Worksheet

This worksheet is designed to be used to keep track of your mind-state or persona either at a pre-chosen time with the use of any of the daily practice exercises, or when a certain cue brings your attention to the exercise. This worksheet is a means to bring focus to what needs more development within your practice.

Please enter two cues you will use to remind yourself to stop three times each day.

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Sunday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Monday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Tuesday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Wednesday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Thursday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Friday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)
Saturday		
What is the predominant mind-state? Rate the intensity from between 1 & 5 (5 being the most intense)		
Morning (10am)	Afternoon (3pm)	Evening (8pm)