



Practice

This section is dedicated to assisting you in keeping a strong baseline of daily practices forming Healthy Habits. These pages are designed as a daily/weekly/monthly, "Check Off" and ultimately can be kept in between your Daily Compass for the week you are working with. You can Edit and change your List of Habits, Tasks & Practices that you would like to highlight as you progress. List the items you would like to Focus and track through out the week, changing them as you choose.

How to use your "Practice Spotlight" Area

Write in the Practices you would really like to Focus & highlight putting in the spotlight of activity for this period of time.

How to use your "Habit Track"

Choose one of the Sample Habit Tracks that fits your lifestyle and number of items you would like to include to track. Personalize your "Habit Track" with Aspirations you like to put your Attention on regularly or are Aspiring to make healthy habits. and incorporate into your Daily Routine. Write each Item in just above the Daily Check Off bar.

How to use your "Task Check"

Make a list of the Tasks that you engage in on a regular basis. Assign them into categories according to whether they are things you do on a weekly basis or a monthly basis. Write them in to your Weekly/Monthly areas of your Task Check accordingly ready to Check Off as you complete them throughout the month.

Purpose and Use of your “Practice” Pages

These pages can become a personal reference library of all the Practices you like to use! Maybe it is that special Meditation you found you would like ready to go. You can add notes or adjustments to make the Practice your own.

Decorate the page as fits for the Practice including instructions or any other notes or tidbits of inspiration and information. Maybe you would like to add one of your Practices to your Aspiration Track!

Self Practices may include your Focus of Dancing with your favorite playlist, or that special tea in a bath time.

Vital Practices include anything you choose to regularly do that improves your Health and Wellbeing like exercise or eating well.

Sacred Practices are ones that involve spiritually connecting, like meditation.

Life Shaping Practices come from taking the courses and mini workshops, here is where you can add them and make them your own!

Included Life Shaping Practices:

Special Simple Breath

I AM THAT I AM

Stain Wash

Daily Reflect

Find My Treasure

4 Core Focus