



Creating a Practice Sanctuary MINI WORKBOOK

1. What do you typically do at different times of day? Make a note especially of the meaningful rituals or practices you do every day.
 - a. Morning
 - b. Afternoon
 - c. Evening

2. Estimate how much time you currently spend daily on the following.
 - a. Work
 - b. Sleep
 - c. Meal prep, eating, cleanup
 - d. Housework
 - e. Screentime (phone, computer, TV)
 - f. Time with family or friends
 - g. Movement practice
 - h. Mindfulness practice
 - i. Music practice
 - j. Other

3. What other things do you do periodically? On weekdays? On weekends?
4. Review Questions 1-3, and answer the following questions.
 - a. What would you like to do less of?
 - b. What would you like to do more of?
 - c. What would you like to stop?
 - d. What would you like to start?
 - e. What would you like to continue?
5. Now that you have an idea of how you are spending your time and what (if anything) you would like to change, consider the following questions. How do you typically like to practice? On your own or in a group? Online or in person? In a designated space at a specific time? At different times and in different locations to adapt to your schedule? Be detailed and specific.
6. Now that you have a sense of what you would like to change, and how you like to practice, let's explore your why for practice. What do you want? What do you care about? What inspires you? What are you here for.....what fills your life with meaning? What is/are your purpose(s)?
7. Now that you have a full picture of what you would like to change, how you like to practice and why you want to practice, consider who you aspire to become as a result of practice. How do you want to belong? Who do you want to become?
8. Based on your answers to Questions 6 & 7, fill in the blanks with a word or short phrase.
 - a. My purpose(s) is/are (question 6) _____
 - b. I aspire to be (question 7) _____

9. Which practices connect you with your purpose and help you to become the best version of you? Consider what makes you feel most alive and inspired. Consider what helps you to thrive. Make a full list below.
10. Look at your list of practices in each category above and select one practice.
- 11.** Create a graphic image for your practice to remind you by filling in the blanks on the following practice reminder sheet.
- i. Practice (what): answer to 10
 - ii. Purpose (why): answer to 8a.
 - iii. Personhood (who): answer to 8b.

PRACTICE REMINDER SHEET

