Begin Again

One week, one small practice. Tick the days you do it. Write R on the days you restart after a miss.
An R counts as much as a tick. Coming back is the harder skill.

My five-minute practice: _____

When or after what: _____

My restart rule: if I miss a day, I start again the next morning
and say nothing to myself about it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

What got in the way?

_____

_____

_____

What will I keep?

_____

_____

_____

My smaller version for the hard days:

_____

_____

_____

Sources: Patanjali, Yoga Sutras 1.12 to 1.14 (practice and letting go). An original Seasonal Friend exercise.