

The Magic of Mindful Self-Awareness

Practice Tracker

The most important time is always the present moment.

The most important person is always the person you are with in the present moment.

The most important task is to help the person you are with to be happy.

Mindful Self-Awareness 90-Day Challenge

Please mark each day you practice sitting in mindful self-awareness for at least 5 minutes before bedtime and you practice mindful self-awareness during each of the daily activities you've chosen for that week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

Daily Activities

(Like brushing your teeth, drinking water, etc.)

Daily Activity for Week 1 = _____

Daily Activity for Week 2 = _____

Daily Activity for Week 3 = _____

Daily Activity for Week 4 = _____

Daily Activity for Week 5 = _____

Daily Activity for Week 6 = _____

Daily Activity for Week 7 = _____

Daily Activity for Week 8 = _____

Daily Activity for Week 9 = _____

Daily Activity for Week 10 = _____

Daily Activity for Week 11 = _____

Daily Activity for Week 12 = _____

Goals

(Please write out 1-3 changes you'd like to see in your life as a result of developing the habit of mindful self-awareness.)

1.

2.

3.

Commitment

(Please write out a commitment to yourself to do your best to complete the Mindful Self-Awareness 90-Challenge.)