

AlgoRhythms

Practice Planner

This week I want to feel more:

Rested Calm Healthy
Focused Connected



Before I choose my new practice...

Sometimes things feel difficult when:

I would like to be able to:

Ideas & Notes

I will try my new practice for:

I will start it on:

I will finish on:

This might be challenging because:

Something that could help me stick to it is:

At the end of the week

One thing that went well:

One thing I might change in the future:





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Children
& Youth