A little, every day

Choose one small practice, such as two minutes of breathing, a short meditation, gentle yoga or a gratitude note. Tick each day you do it. Missed a day? Simply start again tomorrow.

My practice _____ Start date _____

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐
7 ☐	8 ☐	9 ☐	10 ☐	11 ☐	12 ☐
13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐
25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

At the end of the month, I noticed...

General wellbeing information, not medical advice. Practise within your comfort.