**Practice Schedule**

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| **Monday**What else is on today? Practice session 1: (insert time)Tasks:Practice 2: Tasks: | **Tuesday**What else is on today? Practice 1: Tasks:Practice 2: Tasks: | **Wednesday**What else is on today? Practice 1: Tasks:Practice 2: Tasks: | **Thursday**What else is on today? Practice sesion 1: Tasks:Practice 2: Tasks: |
| **Friday**What else is on today? Practice 1: Tasks:Practice 2: Tasks: | **Saturday**What else is on today? Practice 1:Tasks:Practice 2: Tasks: | **Sunday**What else is on today? Practice 1:Tasks:Practice 2: Tasks: | **LISTEN****Thoughtful,** **Mindful** **Practice****only**  |

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| Tasks for week beginning: |
| Big Tasks | Break down big tasks into smaller tasks***Allot all tasks to the practice schedule.*** |