**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.*** |