

How to Build a Practice



Use this outline to help build your life.

Why

- Take on a particular way of being, doing, or speaking
- Something that shows up in everyday life
- It calls us to a larger purpose
- Forwards our own life and everyone around us

How

Complete the Following

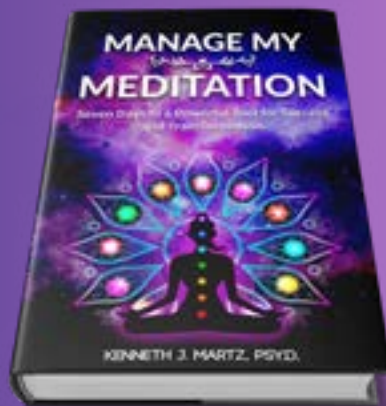
For the sake of _____

I will _____

I will remind myself by _____

To support me, I will partner with _____

I will review my progress by _____



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