



Practice Log

A Companion Journal for
Awareness-Based Learning

How to Use This Log

- Daily Practice Log: Record observations and reflections after each practice.
- Weekly Reflection: Summarize patterns, resistance, and integration at the end of each week.
- Session Notes: Capture key concepts and insights during guided courses, workshops, or 1:1 sessions.
- Closing Reflection: Review your journey at the end of a cycle or program.

The purpose of this log is not to measure achievement, but to cultivate presence. Through consistent reflection, you'll begin to recognize patterns, notice resistance, and bring awareness more naturally into daily life.

Daily Practice Log (Repeatable template page – can be printed multiple times)

Date: _____ Time: _____

1. Emotional Check-In

Before practice: _____

After practice: _____

2. Practice Type (Circle or note)

Seated Meditation
Awareness Drill

Movement / Dimensional Mechanics
Reflection / Journaling

3. Observation Prompt

What did I notice in my breath, balance, or thoughts today?

4. Free Reflection Space

Open notes, insights, or sketches:

Weekly Reflection Log (Insert at the end of each week)

Week of: _____

1. Patterns I Noticed:

2. Resistance & Release

Where did I resist? Where did I let go?

3. Integration

How can I bring awareness into daily life more naturally?

Session Notes (for Courses or Workshops)

Facilitator / Session Title: _____

Focus Concept: (e.g., Polarity, Centre Balance, Rotation/Translation)

Key Exercise(s):

My Experience / Insight:

Closing Reflection (End of Program / Workshop)

- *What shifted in me from beginning to end?*
- *What tools or practices will I carry forward?*
- *How has my awareness changed in daily life?*