

Keep coming back to practice

Write a start date. Tick one box after each day you practise. Missed a day? Leave it blank and carry on.

My start date _____

A small task I can repeat _____

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

Sessions completed out of 30 _____

Something that feels easier now _____

Count sessions, not perfection. A skipped day does not undo the writing you have already done.