

INSTRUCTIONS: Date the document and put a % of your practice of each, your master of each and the impact of each. Review your answers and adapt them every week in %.

PRACTICE MAKES PERFECT

1. Practice of your Bubble of Light

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact

4. Stop Technique

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact

2. Zipping up your energy

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact

5. Monitoring the impact of your mind on your body.

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact

3. Imagining your fingers and toes as air valves

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact

6. Breathing and exercising with awareness

- ☐ a) Practice
- ☐ b) Mastery
- ☐ c) Impact