Choose your direction

This planning sheet can follow either Attention Practice or Meditation Practice. Start with what has already proved worthwhile, not what would look impressive.

What experiences do I genuinely want to repeat?

What beliefs or desires deserve further examination?

One good person, source or community to learn from

WHAT WE FOLLOW / PRACTICE

Make room in a week

One daily anchor and the time/place it belongs to

Two weekly experiences and when I will do them

One boundary that protects time and attention

A realistic fallback for difficult weeks

Return, revise, continue

The first date I will review this plan

Signs it is helping that are not just numbers

When I will ask for help, correction or guidance

What I want to remember when enthusiasm fades