My short practice

Choose an intention and a simple gesture. You can use these sheets without objects and without filling every line.

Write in the fields with a compatible PDF reader, or print and fill in by hand.

Minutes available

Today I am making time for…

What I have with me (nothing is fine too)

01 / Prepare

What small space can I clear? What can I put aside for this moment?

02 / Practise

Which gesture will I choose? Write one concrete action to repeat at your own pace.

03 / Close

How will I finish and put things away? Which word will I take with me?

Seven returns

One row whenever you return to your practice. The dates can be far apart: this is not a seven-day challenge.

Write in the fields with a compatible PDF reader, or print and fill in by hand.

Date	The gesture I chose	One word afterwards

Next time I would like to…