

Quarterly Practice Review

Review Period: _____ to _____



Practice Assessment

Consistency: How regular was your practice? (estimate percentage of days practiced)

Most consistent element: Which aspects of your practice were most sustainable?

Challenge points: Which aspects were difficult to maintain?

Practice patterns: What patterns do you notice in your practice over this period?

Benefits and Growth

Looking Forward

Elements to maintain: What's working well that you want to continue?

Elements to adjust: What needs refinement or change?

Elements to add: What new practices might you explore?

Seasonal considerations: How might you adapt your practice for the coming season?

Resources needed: What support, materials, or information would help deepen your practice?
