
5 Comparison Study

One of the most encouraging parts of practicing is seeing the difference it is making in your daily life. Therefore it's helpful to take inventory of the progress your are making.

Today's date:

Make quick notes about the state of your life. How is your 1) sleep, 2) eating, 3) stress level, 4) relationships, 5) bowel movements, 6) ability to focus, 7) addictions, 8) overall happiness level? Anything else to note today?

In 30 and 60 days... re-evaluate the list above. How do these same items compare today?

Today's date: