MY SPIRITUAL PRACTICE PLANNER

A simple framework for building a practice that fits your real life - and bringing it with you beyond the cushion.

Practice, not performance.

Choose one practice. Make it small enough to repeat. Let consistency teach you what intensity cannot.

Name: _____

Month / Season: _____

1. Why Am I Practicing?

A sustainable practice starts with an honest reason. Not the reason that sounds spiritual - the reason that is actually true for you.

What do I hope practice helps me understand, strengthen, or change?

How would I like to relate differently to my thoughts, emotions, relationships, or daily life?

If nothing dramatic happens, what would still make this practice worthwhile?

My intention in one sentence:

2. Choose Your Core Practice

Pick one practice to be your anchor for this month. You can explore other methods, but one core practice makes consistency easier to see and sustain.

☐ **Meditation**	Breath awareness, mindfulness, open awareness, or another formal seated practice.
☐ **Loving-Kindness**	Cultivating goodwill, compassion, and a less adversarial relationship with yourself and others.
☐ **Journaling & Inquiry**	Reflection, values work, belief examination, or structured self-inquiry.
☐ **Grounding & Breath**	Body-based regulation, sensory orientation, conscious breathing, and returning to the present.
☐ **Contemplative Reading**	Slow reading of a respected spiritual, philosophical, or wisdom text followed by reflection.
☐ **Other**	A practice from your own tradition or another method that you can describe clearly and repeat safely.

My core practice for this month:

My minimum version (the version I can still do on a difficult day):

My longer version (when time and energy allow):

3. My Realistic Weekly Rhythm

Start with a rhythm that survives ordinary life. The goal is not to design your ideal spiritual week. The goal is to design the week you are actually likely to live.

Day	Practice	When / Cue	Duration
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My weekly "deeper practice" window:

Day / time: _____ Practice: _____

My one weekly reflection or journal check-in: _____

Remember: missing one session does not erase the pattern. Return at the next reasonable opportunity.

4. Make Practice Easier to Start

Motivation changes. Your environment can reduce the number of decisions required to begin.

My usual practice location	_____
My anchor cue	After / before _____
What I will prepare in advance	_____
The distraction I will remove first	_____
What "good enough" looks like on a busy day	_____

My Reset Plan

If I miss several days, I will not "make up" the sessions. I will restart with the smallest version of the practice.

The smallest version I can restart with:

The cue that will help me restart:

The person / reminder / environment that helps me return:

5. Weekly Practice Notes

Use this page to notice patterns, not to grade yourself. A difficult session still counts as practice.

Date	Practice	Minutes	What I noticed	Afterward

What I am beginning to notice

6. Practice Beyond the Cushion

Formal practice matters. So does what happens ten minutes later. Choose one ordinary-life experiment each week.

Listening

During one conversation, notice when you begin preparing your reply. Return to listening for one full sentence.

Walking

Take five minutes without phone, podcast, or analysis. Let movement, sound, and surroundings be enough.

Work

Before switching tasks, take one conscious breath and choose the next action deliberately.

Irritation

Before reacting, locate the physical sensation first: jaw, chest, heat, hands, stomach.

Eating

Eat the first three bites without another screen or task. Notice taste, pace, hunger, and automaticity.

Decision-making

When urgency appears, ask: “What is actually required right now - and what is anxiety adding?”

This week I am practicing in daily life by:

7. What Gets in the Way?

Resistance is information. Instead of asking “Why am I so bad at this?”, identify the actual obstacle and reduce its power.

☐ **No time**	Shrink the session before abandoning the rhythm.
☐ **Boredom**	Notice whether boredom is the practice object rather than evidence that practice failed.
☐ **Restlessness**	Try a shorter session, walking practice, or open eyes.
☐ **Perfectionism**	Count showing up, not producing a special state.
☐ **Chasing experiences**	Return to the method rather than recreating yesterday.
☐ **Too much input**	Reduce books, podcasts, videos, or techniques for one week and practice one thing.

My most common obstacle:

What usually triggers it:

My smallest useful response:

8. Monthly Reflection

Look for changes in how you relate to experience - not just whether meditation felt calm or impressive.

What practice did I actually return to most consistently?

What became easier to notice?

Where was I less reactive - even slightly?

What remained difficult?

Did practice change how I related to another person or situation?

Was I practicing - or mostly consuming information about practice?

What should I keep, reduce, or change next month?

One sentence I want to carry forward:

9. Your SAH Practice Library

Choose the practice that matches the time and state you actually have today.

5 minutes	**Guided Breath & Body Reset**	For tension, overwhelm, or the days when starting needs to be easy.
10 minutes	**Guided Mindfulness Meditation for Overthinking**	For mental loops and learning to notice thought without following every thought.
15 minutes	**Guided Meditation for Mental Clarity & Relaxation**	For settling mental clutter and returning to the present.
20 minutes	**Guided Open Awareness Meditation**	For widening attention and practicing a less controlling relationship with experience.
30 minutes	**Guided Loving-Kindness Meditation**	For cultivating goodwill, compassion, and a warmer relationship with self and others.

Practice is not a test of how spiritual you are.

It is a repeated willingness to meet experience with a little more attention, honesty, and choice.

For educational and personal reflection purposes. This planner is not a substitute for medical or mental-health care.

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