



To create your Personal Daily Practice, you will need to hone and heighten your skills in Noticing. Complete the following.

MY PERSONAL DAILY PRACTICE – PDP
Step 1 - Initiating the Act of Noticing

MY PRESENT Way of Noticing

MY NEW Way of Noticing

When I awaken in the morning, I feel...

My morning routine includes...

My morning attitude and behaviours are...

Initiating Questions

I notice details of myself and the world around me when...

I initiate a high level of noticing by...

Noticing allows me to....

On a scale of 1 to 10, where 1 represents ***unconscious to my world*** and 10 represents ***alert to my world ...***

I rate my ability to notice details of myself and the world around me as...

MY PRESENT Way of Noticing

MY NEW Way of Noticing

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10, where 1 represents ***joyless*** and 10 represents ***blissful...***

I notice my level of happiness and contentment to be ...

MY PRESENT Way of Noticing

MY NEW Way of Noticing

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10