

Our encouragement is try each practice to get a sense for how it may help you. Jot down a few words each day to process how it went. We have provided a few prompts to help you. This is meant to be both an experiment on the practices and a reflection on the experience.

Spiritual Practices Tracking Journal

Date	Spiritual Practice <i>(What did you do?)</i>	Response <i>(How did it feel?)</i>	Reward <i>(Was there a positive difference?)</i>	Reach <i>(Did this help me fend off the "beast", Is this even a "beast" in my life?)</i>

