

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

MY PRESENT NOW

MY NEW NOW

I am opening my eyes to a feeling of...

My morning routine includes...

My attitude and behaviour 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 NOW

MY NEW NOW

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 NOW

MY NEW NOW

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10