

# Monthly Practice Worksheet

*“What am I noticing within me — about me — that is having a reaction to that out there?”*

An invitation to curiosity — not a shame session. No guilt. No blame. Just honest noticing.

## MY ONE THING

<p>The person, situation, or pattern I am observing this month:</p>  
<p>The meaning my small self is making: <i>(What story fires? What belief is underneath it?)</i></p>  

## WHAT AM I NOTICING? — My inner landscape this week

SMALL SELF · 3RD DIMENSION	MATURE ADULT · 4TH DIMENSION
<input type="checkbox"/> Resignation — “why bother”	<input type="checkbox"/> Peace — “I don’t need this to change”
<input type="checkbox"/> Irritation — “this shouldn’t be this way”	<input type="checkbox"/> Clarity — “ah, this is interesting”
<input type="checkbox"/> Blame / Drama — ego defending	<input type="checkbox"/> Curiosity — “what’s more interesting here?”
<input type="checkbox"/> Shutdown / Freeze — survival mode	<input type="checkbox"/> Presence — in the room, in the body

## WEEKLY PRACTICE (one honest entry per week)

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>What I noticed:</i>	<i>What I noticed:</i>	<i>What I noticed:</i>	<i>What I noticed:</i>
<i>Story I made:</i>	<i>Story I made:</i>	<i>Story I made:</i>	<i>Story I made:</i>
<i>Found the gap?</i>	<i>Found the gap?</i>	<i>Found the gap?</i>	<i>Found the gap?</i>
<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> Not yet	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> Not yet	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> Not yet	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> Not yet

## YOUR TOOLS

<b>NOTICE</b>	Something is arising. Name it without the story. No judgment yet.	<b>BREATHE</b>	One conscious breath shifts the cellular chemistry.
<b>PAUSE</b>	Touch your heart. One nano-second of conscious contact.	<b>CHOOSE</b>	<i>“What is more interesting to me than reacting?”</i>

## END OF MONTH — Bring this to Session 2

<p>What shifted in me?</p>  	<p>One honest next step:</p>  
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*“You are not your reaction. You are the one who can notice it.”*

The noticing is the beginning. The choice is the practice. The change is the life.