

## My Yoga Practice

Use these questions as a guide to follow how your practice evolves and the benefits you experience personally. Answer these questions before a yoga practice and answer them again regularly to see how your answers evolve.

I practice yoga because: \_\_\_\_\_

I am happiest when I think about: \_\_\_\_\_

My yoga goal for the next week is: \_\_\_\_\_

My yoga goal for the next month is: \_\_\_\_\_

My yoga goal for the next year is: \_\_\_\_\_

My top two most challenging poses are: \_\_\_\_\_

My most humbling experience on the mat was: \_\_\_\_\_

My fears are: \_\_\_\_\_

I love: \_\_\_\_\_

My favorite part of my body is: \_\_\_\_\_

My favorite yoga pose is: \_\_\_\_\_

My least favorite yoga pose is: \_\_\_\_\_

My top five gifts/talents/strengths are: \_\_\_\_\_

Thoughts/Feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date completed: \_\_\_\_\_

