

Tuning-in Log

	Date	Picked a clear spot	SMART Goal OR Imagine Start Clearly	Focus on Breathing	Identify/Release Tension	Found Centre	Imagine Start Clearly	Breathe, Start
1								
2								
3								
4								
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10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

Rating Scale: 1 (really struggled) to 10 (excellent)