



The Big Shift

THE ESSENTIALS
Practice tracker & Worksheets

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TBS OFFICIAL PRACTICE TRACKER

Day	Notes	Day	Notes
1		21	
2		22	
3		23	
4		24	
5		25	
6		26	
7		27	
8		28	
9		29	
10		30	
11		31	
12		32	
13		33	
14		34	
15		35	
16		36	
17		37	
18		38	
19		39	
20		40	

You're doing amazing work! Keep going!

WEEK 1 REVIEW – MINDFULNESS

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

WEEK 2 REVIEW – SELF-LOVE

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

WEEK 3 REVIEW – GRATITUDE

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

WEEK 4 REVIEW – BODY

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

WEEK 5 REVIEW – SOUL

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

WEEK 6 REVIEW – CONNECTION TO THE DIVINE

What theme or idea resonated the most with you this week? Why?

What theme or idea did you resist the most this week? Why?

What strategies or perspectives from this week would you like to apply to your life? How could you do that?

What messages would you like to bottle up for your future self to receive?

THE BIG SHIFT – WHOLE COURSE REVIEW

What theme, week or idea resonated the most with you? Why?

What theme, week or idea did you resist the most? Why?

Gather the answers from each week's Question 3 and list them here.

Gather the answers from each week's Question 4 and list them here.

THE BIG SHIFT – WHOLE COURSE REVIEW

When my mind gets the best of me, these are the questions I will ask myself.

When in a mental funk, this is how I will respond in self-talk, intention and habit.

When life gets challenging, this is what I will remember.
