

Forty Days of Yoga



Breaking down
the barriers
to a home
yoga practice

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Blank Worksheets

Extracted from Forty Days of Yoga
www.FortyDaysofYoga.com

Worksheet 2: Places and Spaces to Practice Yoga

Action 1:

Write all the places you regularly spend time.

Action 2:

Write all the spaces for each place where you could practice.

Places I spend time	Spaces I could practice

True?	Reasons For Not Practicing

Action 2:
Read each statement out loud and ask yourself, 'Is this true?'
Write True or Untrue in Column 1.

Firstly, let's deal to the statements that aren't true.

If they aren't true then why are they stopping you from practicing yoga?

Because they're an excuse, that's why. So let's answer them. If for example you wrote: 'I don't have enough time in my day.'

You're going to answer with the time you do have, or could make available.

- I could get up ten minutes earlier each day and practice.*
- I could practice as soon as my son goes to childcare for twenty minutes.*
- I could practice for thirty minutes as soon as my son goes to bed at 7pm.*

Action 3:
Go through all of the untrue statements and write as many answers and as many possibilities as you can.

Untrue Statements	Workarounds

Now let's attend to the statements you wrote that are stopping you from practicing yoga, and that *are* true.

Action 4:
Go through all the statements and
find work-arounds for them.

True Statements	Workarounds

Excellent! Now there are no reasons left why you can't practice yoga every day. You're on your way!

Worksheet 6: Building a Yogic Toolbox

Action 1:
In Column One write a list of the
challenging situations in your life.

Action 2:
In Column Two write out any
yogic solutions you already know about.

Challenging Situation	Possible Yogic Solutions

It doesn't matter if you don't know any yoga solutions – this is just a starting point. Later, you can research and find specific solutions for challenges you face.

This list is something that will grow and expand over time – keep it close and add to it frequently.

Worksheet 7: Assessing Your Yoga Needs

Getting clear on why you need to practice yoga is a powerful process. So is knowing the benefits of a yoga practice, and specifically a home yoga practice. Knowing what your needs are – physical, mental, emotional and spiritual – will help you figure out what to do in your practice.

**Action 1:
Write down all the physical reasons you need to practice yoga.**

The physical reasons I need to practice yoga

Write and write and write until you can write no more.

Action 4:
Write out your spiritual reasons for practicing yoga.

The spiritual reasons I need to practice yoga

Whatever, it doesn't matter. The point of this exercise is just to get it all out as if you don't care what anybody thinks, least of all yourself, because you don't. Dig deep, be honest, get silly and write it all down.

Now. Take a break. Go do some yoga. Meditation. Pranayama. Turn some music on. Boogie in the lounge, whatever. Just get out of your head.

Once you've done that, come back and read everything that you're written down – all the reasons why you want to practice yoga. Take a different coloured pen, it doesn't matter. This is your process.

Action 5:
Read through the list and when you get to something important underline it, highlight it, put a star beside it.

Read fast and go with the first instinct. At the end you'll have something like five to ten really important reasons why you want to practice yoga.

**Action 6:
Write a heading:
My Really Important Reasons for Practicing Yoga.**

**Action 7:
Read through your underlined highlighted starred answers and tick the ones that leap out at you.
There might be 3 or 4. Draw that many columns.**

**Action 8:
Write those underlined / highlighted / starred / ticked answers under your heading, one item per column.**

My Really Important Reasons for Practicing Yoga		

These statements are why you want to have a home yoga practice and those reasons 'why' will guide what kind of home yoga practice you do.

In this instance, you may decide to start with Statement 3 and craft a practice that frees up the pelvis, spine and hamstrings so you can tie your shoelaces.

But we're going to take our diving into motivations down another level.

Action 9:
Write those underlined / highlighted / starred / ticked answers under your heading, one item per column.

Your Important Reason	Because – the reason why it's important

It doesn't matter what you write. There are no magic and correct answers here. There are only the answers that you make up. So if it feels like you're making them up, it's because you are!

You should now have a number of important reasons why you want to practice yoga, framed as 'Statement 1 because Answer 1'.

Action 10:
Take each statement at the top of each column, and underneath write out one sentence in the following format.
'When I *INSERT ANSWER 1*' it will feel...

Important Reason	Because	I will feel

These endings you've just written are the deeper reasons why you want to do a yoga practice. Not just for getting to the bottom of fear, not just to meet God and not just to tie up shoelaces... but to feel strong and capable, and at one with the Universe. You've now uncovered both your surface motivations and core motivations for wanting a home yoga practice.

Worksheet 10: Listing your Inspiration and Motivation

Action 1:
List the Yoga Resources you own or
would like to own.

Resource	Perfect for...

Worksheet 11: Your Successes

It's important when you fill in this worksheet that you do each action point separately. Don't be tempted to write down one success and then think about the qualities you needed to achieve it. You need to write *all* the successes one after another. This gets your brain focused and in the flow.

The answers will come one after another because there is no thinking required. You're just listing everything you've ever succeeded at.

Here's some prompts to help if you get stuck:

- What you've won
- What you've created
- What you've graduated from
- Where you've helped out
- What you've been commended for

Action 1:
In Column One write down successful event after successful event.

ONLY once you've exhausted yourself:

Action 2:
In Column Two write down the qualities you needed to be successful.

After you've written down all of your fabulous qualities.

Action 3:
In Column Three write down how those qualities will help you complete *Forty Days of Yoga*.

Success Event	Qualities needed for Success	Useful for <i>Forty Days of Yoga</i> because...

Worksheet 12: Harness Your Powers

Action 1:
What powers are going to work for you?
Cross out the Powers you're not interested in.
Fill in the rest.

Rewards:

When I finish *Forty Days of Yoga*, I will reward myself...

Star Charts:

I will track my daily yoga practice with...

Going Public:

When I commit to *Forty Days of Yoga*, I will tell people...

Working with a Teacher:

I have found a great teacher to work with –

I plan to work with this teacher in this way...

Ritual:

The ritual I will use to support my daily practice is...

Music:

I will use music in my practice and have organised my yoga music in this way...

Journaling:

I plan to record my experience using.....

Other Power:

I will...

Worksheet 13: Defining Your Practice

Action 1:
Fill in this table.

The kind of practice I need:	Structured or Unstructured?
The motivation I will work with is:	Add one or two of your motivations from Worksheet #7 here:
I will work out what to do by:	
In my practice I will:	Write a brief summary of your structured practice OR Write out the parameters you'll use.

Worksheet 14: Setting an Intention

Action 1:

Write out as many possible intentions as you can.
Write, write and write until you can't write anymore.

Practice Setting Intentions



Now we're going to take everything you've done to date and make one final statement.

You're almost ready to begin your *Forty Days of Yoga*.

Worksheet 15: Write Your Practice and Commitment

I, _____, do solemnly declare that I will practice yoga daily for Forty Days in a row, from __/__/__. If I miss a day, I start back at Day One and continue this process until I have practiced yoga for Forty Days in a row.

My Intention is:

My Allies are:

The support they'll give me is:

My Inspirational Support is:

I will reward myself with:

I will track my progress by:

I am going public by:

I am working with:

My daily ritual includes:

My music is:

I will journal using:

My practice is:

Signed:

Dated:

Witnessed by:

Worksheet 16: Recap

**Action 1:
Answer these questions**

Did you make it Forty Days without missing a day?

If you missed a day, why did you not practice on that day?

If you missed a day, how did you feel about missing that day?

If you missed a day, how would you do things differently to make sure you don't miss a day next time?

What was the most surprising thing you learned about yourself?

What was the most challenging aspect of the Forty Days?

What was the most rewarding aspect of the Forty Days?

How have you and your life changed in this Forty Days?

How did your friends and family respond to the Forty Days?

Did your Allies make a difference?

Would you change anything about your Allies?

Did your Inspiration and Resources make a difference?

What would you change about your Inspiration and Resources?

What threatened most to stop you from practicing?

What did you, or would you do, to deal with these challenges?

What was your motivation when you started the Forty Days?

Did this motivation change in the Forty Days?

What Powers did you use?

Which Powers really made a difference in helping you stay on track?

Would you change the Powers you used for next time?

Did your mind throw up the same old stories, thought patterns or samskaras?
What were they?

Did procrastination teach you anything? What was it?

Did you have any Emotional Outpourings? What were they? Do you need further support to work with these?

What insights did you have?

How does your body feel now? Any big changes? Any small changes?

Action 2:
**Go back to the Write It Out worksheet and re-do it,
ready for your second *Forty Days of Yoga*.**

You're off again! Good luck, practice well, stay present, and be kind.

Principles of Asana Practice

Connect to your breath

Find your foundation

Expand

Align

Counterpose

Be curious

Play your edge

Stay present

Surrender to flow



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