

Forty Days of Yoga

Because you know you want to practice yoga every day. **Start & End Date of Your Practice:**

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

*Print this out, stick it on your wall, your fridge, your mirror, your door. Proclaim loudly, **This is the year I practice yoga every day!** Every day you practice, tick it off, cross it off, star it off, do a dance, kick up your heels, make a big deal. This is you, doing something you love, because you love it. Don't get distracted. Problem-solve around obstacles. Every day, just show up!*

Kara-Leah's Prescription for Success
Immediately Read at the First Sign of Mat Resistance

1. **Feeling serious mat resistance?** Bring full awareness to that resistance and just sit with it . Do child's pose or savasana.
2. **Mind full of excuses?** Observe those excuses & thoughts and then ask yourself, is that really true? Get out your mat anyway.
3. **Too tired? Too sore? Too busy? Too anything?** Focus on solutions - don't get stuck on obstacles. What's the work-around?
4. **Too uncomfortable to get on your mat?** Sometimes Yoga is uncomfortable - that's the whole point. Breathe into it.
5. **Don't want to practice today?** You don't have to want to . You just have to do it. Unroll your mat.
6. **Having an attack of "I can't be bothered"?** It's your Mind, sabotaging you again. Just show up.
7. **Feeling irritated, annoyed, angry or tearful?** The yoga is working. Be kind to yourself, and get on your mat.
8. **Don't know what to do?** Get on Google. Open a book. Start in Mountain Pose. You do know what to do! Now do it.
9. **Got an action packed day & there's no way you can fit in your yoga?** Get creative - meditate while driving if that's what it takes.
10. **Totally over it, don't care and ready to give up?** Who's in charge of you? Your mind? Or the deeper sense of Self? Take charge.

Getting on the mat everyday is your choice. There's always a reason not to, there's always something better to do.

There's always something or someone to distract yourself with.

What do you want more - to practice, or not to practice?

That's the only question. See you on the mat. Kara-Leah