

urban retreat practice diary

today's date: _____

resolve

review

i) meditation

What meditation practice will I do?	When, and for how long?	Did I do it?	What were the effects of doing it or not doing it?

ii) other resolutions

What other "practices" that will help me ?	When, and for how long?	Did I do it?	What were the effects of doing it or not doing it?

iii) obstacles to overcome

Is there anything I need to give up, or prevent getting in the way of my resolutions?	Did I manage to give it up?	What were the effects of doing so, or not doing so?

remind

review

i) slogans and reminders

Can I form a slogan for the day and put it somewhere that I'll see it?	Did I do it?	Did I contact my motivation during the day?

ii) rituals and routines

Shall I do any rituals and "routines" to act as reminders?	Did I do it?	What was the effect of the reminders?

iii) contact with my 'dharma-buddy'

How and when are we going to contact each other?	Did we manage to do that?	Notes