



BYT Practice Planning

We've been talking about activities and exercises you can do to support your breath work. Some clients find it helpful to write down ideas around how to be successful. There is also some research that suggests that sharing our intentions and plans with others helps us carry them out. This document can also serve as a visual reminder for the activities/changes you want to take on. This is your plan, your decisions, your choices.

Which activities/themes/exercises do you plan to implement?

What are your reasons for taking these on? Why are these activities/exercises important to you?

When do you plan to start?

How long do you plan to do this?

What will help you be successful at implementing this plan?

How might BYT or someone else support you to be successful?



What might get in the way of you being successful at carrying this out?

How might you handle these challenges?

- If _____ happens, *then I will*.....

How will I monitor my progress?

I know my plan is working when I see the following result(s):

How will I reward myself when having completed this plan?

On a scale of 1-10, how confident am I that I will be successful at carrying this plan out?

1	2	3	4	5	6	7	8	9	10
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not at all confident totally confident

If less than a 9, how can the plan be changed to be greater than 9?