YOUR FIRST THREE SESSIONS / RESOURCE 03

Keep what works for you.

Take a moment to look back. Your next step can be small, practical and easy to return to.

A small win I want to remember

What helped me make time for a session?

What would make the next session easier to start?

Choose your next step.

☐ Repeat a favourite session ☐ Explore the next session

☐ Keep practising the same routine ☐ Make more room for rest

My next session / activity

A time that could work

If something gets in the way, my smaller alternative is...