



My Daily Rhythm

3-DAY OBSERVATION TRACKER



Spend three ordinary days noticing the natural rhythm of your life. There is no need to change anything. Simply observe and record what is already happening. This will help you discover when and where a spiritual practice might fit most naturally into your real life.

Day 1

Date: _____

Day of the Week: _____

Time of Day	What was happening? <i>(Activities, responsibilities, etc.)</i>	My Energy (L / M / H)	Quiet or Interrupted?	A few minutes to myself?	Felt drawn toward reflection or spiritual connection?
Morning <i>(roughly 5 am – 12 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Midday <i>(roughly 12 pm – 4 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Afternoon <i>(roughly 4 pm – 8 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Evening <i>(roughly 8 pm – bedtime)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No



A natural opening I noticed today was... _____

Day 2

Date: _____

Day of the Week: _____

Time of Day	What was happening? <i>(Activities, responsibilities, etc.)</i>	My Energy (L / M / H)	Quiet or Interrupted?	A few minutes to myself?	Felt drawn toward reflection or spiritual connection?
Morning <i>(roughly 5 am – 12 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Midday <i>(roughly 12 pm – 4 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Afternoon <i>(roughly 4 pm – 8 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Evening <i>(roughly 8 pm – bedtime)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No



A natural opening I noticed today was... _____

Day 3

Date: _____

Day of the Week: _____

Time of Day	What was happening? <i>(Activities, responsibilities, etc.)</i>	My Energy (L / M / H)	Quiet or Interrupted?	A few minutes to myself?	Felt drawn toward reflection or spiritual connection?
Morning <i>(roughly 5 am – 12 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Midday <i>(roughly 12 pm – 4 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Afternoon <i>(roughly 4 pm – 8 pm)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No
Evening <i>(roughly 8 pm – bedtime)</i>		☐ L ☐ M ☐ H	☐ Quiet ☐ Interrupted	☐ Yes ☐ No	☐ Yes ☐ No



A natural opening I noticed today was... _____



What Did I Discover?

My most natural practice time appears to be...

My backup practice time could be...

The time that looks good on paper but probably won't work for me is...

Other insights, patterns, or notes:

Where Can My Practice Live?

A spiritual practice works best when it fits into the life you actually have. Use this page to explore the different aspects of your life and how they support or affect your practice. There are no right or wrong answers. Be honest and realistic.



My Schedule

Where are the natural openings?

- What does a typical day look like for me?
- When do I have a few quiet minutes?
- Are my days consistent or do they change often?
- What times seem most realistic for practice?



My Energy

When am I most receptive?

- When do I feel most alert and focused?
- When do I feel calm and reflective?
- When is my energy usually low?
- Do I have more physical or emotional energy at certain times of the day?



My Responsibilities

What regularly needs my attention?

- Work, school, or business obligations
- Family, children, or caregiving
- Household tasks and errands
- Pets, hobbies, and other commitments
- How do these responsibilities affect my time and energy?



My Space & Privacy

Where can I comfortably practice?

- Do I have a dedicated space, or do I need a temporary one?
- What spaces feel peaceful and supportive?
- Do I need privacy, or can I practice while others are around?
- What portable or discreet options might work for me?



My Natural Rhythms

When do I naturally want to pause, reflect, pray, or connect?

- What times of day feel most natural for me to slow down?
- Are there activities I already do that could become part of my practice? (walking, tea, cooking, etc.)
- Do I feel more connected in the morning, evening, midday, or at another time?
- What helps me feel grounded, peaceful, or present?



My Challenges

What is most likely to interfere?

- Travel
- Illness or low energy
- Stress or emotional overwhelm
- Changing schedules
- Lack of privacy
- Family or work demands
- Other challenges specific to my life
- How might I work with or around these challenges?



My practice needs to be flexible enough to...

*Considering everything above, what do you need your spiritual practice to be able to do for you?
How can it adapt to your life as it changes?*

When Life Changes

Practice Adaptation Worksheet

Life is not always steady, and your spiritual practice doesn't have to be either. Use this worksheet to explore how you can adapt your practice during different seasons and circumstances. There are no right or wrong answers. Be honest and realistic. A flexible practice helps you stay connected no matter what life brings.



When I'm Traveling...

What changes? What might still be possible?

- what aspects of my usual practice might be difficult or unavailable while traveling?
- What simple or portable practices could I take with me?
- What natural elements, places, or experiences might support my practice on the road?
- How can I keep a sense of connection even in unfamiliar surroundings?

When I'm Sick or Exhausted...

What can I release? What might still feel comforting?

- What parts of my usual practice may be too demanding when I'm not feeling well?
- What small, gentle practices could still feel meaningful?
- How can I be kind and compassionate with myself during these times?
- What helps me feel supported, comforted, or connected when my energy is low?



When Life Is Stressful or Overwhelming...

What would feel supportive rather than demanding?

- What typically creates stress in my life?
- How does stress affect my ability to practice?
- What simple practices help me feel grounded, calm, or centered during difficult times?
- What can I let go of when I need to simplify?

When My Schedule Changes...

What could help me remain connected without forcing my normal routine?

- What types of schedule changes affect me most (work, family, travel, seasonal, etc.)?
- How can I adapt my practice when my usual time is no longer available?
- What flexible options could work for me?
- What reminders or supports might help me stay connected during transitions?

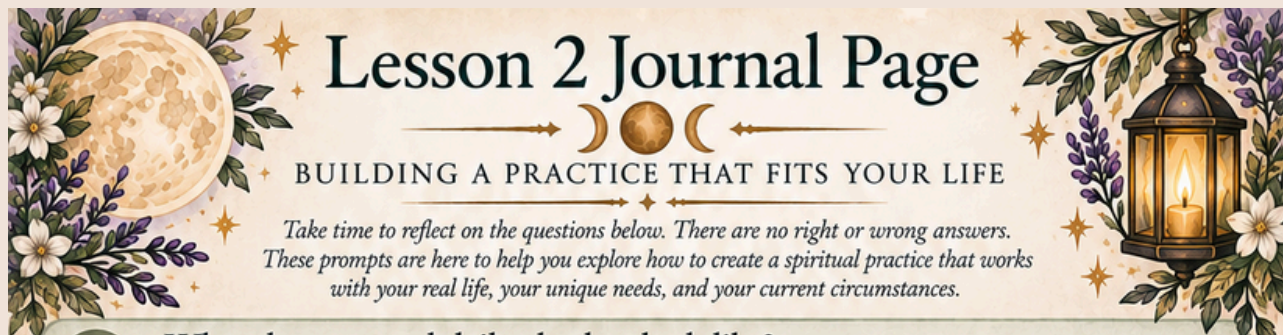
What I Want to Remember

My practice can change without disappearing.

- My practice can be simple.
- My practice can be small.
- My practice can look different in different seasons.
- It is still my practice.
- Showing up, even in a small way, is enough.

I give myself permission to simplify my practice when...

Other thoughts, reminders, or intentions...



Lesson 2 Journal Page



BUILDING A PRACTICE THAT FITS YOUR LIFE



Take time to reflect on the questions below. There are no right or wrong answers. These prompts are here to help you explore how to create a spiritual practice that works with your real life, your unique needs, and your current circumstances.

1

What does my real daily rhythm look like?

Think about your typical days. What are your responsibilities, obligations, and routines? Where are the natural openings in your day, and when do you usually have time and energy for yourself?

2

When do I feel most spiritually receptive?

Consider both time and energy. Do you naturally turn inward in the morning, evening, midday, outdoors, during quiet moments, or at another time? What helps you feel calm, focused, and open to connection?

3

Am I building a practice for my real life—or my ideal life?

Think about the routine you think you “should” have. Would that actually work with your current circumstances? What might need to change so your practice fits the life you really have right now?

4

What circumstances are most likely to disrupt my practice?

Consider travel, illness, work, family responsibilities, stress, fatigue, lack of privacy, changing schedules, or other challenges. How could flexibility help you stay connected during these times?

5

What is the smallest expression of spiritual connection that would still feel meaningful to me?

Imagine a difficult, busy, or low-energy day. If you only had a few minutes (or even one minute), what simple action could help you stay connected? How would it feel, and why would it be meaningful to you?

