My Practice Week

Small moments add up. Practice when you have energy.

This week I want to:

Pick two or three

- ☐ Talk about my day
- ☐ Write a text or note
- ☐ Play a word game
- ☐ Read one short page
- ☐ Listen to a podcast
- ☐ Read aloud 5 minutes

My practice moments

Day	What I tried	How it went

Rest days count too.