

100 Practices

Fill in one box for each practice session you complete.

1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
31	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
41	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
51	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
61	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
71	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
81	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
91	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

WHAT I WANT TO ACHIEVE IN THESE 100 PRACTICES

Tick them off as you achieve them

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DATE STARTED

DATE FINISHED

TIME TO 100 PRACTICES

WEEKS

One focused practice = one box. Short sessions count too. Nothing resets — just keep going.