

Weekly Goals and Intentions, Practices and Progress

DEEP NATURE GUIDES

Tracking, Tending and Questing in Community

Name: _____

Date: _____

Project: _____

<i>Long-term goal:</i>	<i>Simple step:</i>	<i>How did it go this week?</i>	<i>Next week's simple step:</i>
Ex) I can quiet my mind within seconds at anytime.	I will go to my sit spot 3x this week specifically to observe the birds.	Well, I did go 3 times but usually got distracted, not so focused on the birds.	Go 3 times again, but just for 20 minutes focusing on birds the whole time.

Weekly Reflections and Renewal:

What Highlights, Edges, Curiosities are up for me right now in relationship to this project?

Share one moment when you felt good, easeful and creative last week?

Share one moment when you felt you were on your edge? How did you meet that edge?

What is one intention you are holding for this coming week in relationship to this project?