

SELF SCANNER



DAY 1 – ROOT

“I am grounded, centered and present.”

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER

7 DAY YOGA CHALLENGE

DAY 2 – HIPS

“Ask yourself what makes you come alive, then go do that.”

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER

7 DAY YOGA CHALLENGE

DAY 3 – CORE

“I am connected to the abundant flow of the universe.”

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER

7 DAY
YOGA
CHALLENGE

DAY 4 - HEART

"Always be kinder than you feel."

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER

7 DAY YOGA CHALLENGE

DAY 5 – THROAT

“Speak your truth. Let your voice be heard.”

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER

7 DAY YOGA CHALLENGE

DAY 6 – THIRD EYE

“Limitation is a creation of the mind.”

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____

SELF SCANNER



DAY 7 – CROWN

"Keep shining, beautiful one. The world needs your light."

BEFORE YOGA PRACTICE

I'm feeling... _____

Intention for my practice: _____

Motivation levels (1 = low): 1 2 3 4 5

AFTER YOGA PRACTICE

I'm feeling... _____

Motivation levels (1 = low): 1 2 3 4 5

Poses I enjoyed: _____

Poses I didn't enjoy: _____

How did they make me feel? _____

This could be a reflection of... _____

Did anything else come up for me during my practice? _____

Intention for my day: _____