

Transcript

Template 1 – S[T]ART – Time

So to help you in making sure that you give the Intrinsic Practice enough time, there is a template, but you may use any time type of scheduling agenda or what you use usually to allocate time within your already busy schedule. Because if you don't, it's less likely that you will be able to give it the time if you haven't planned for it.

So it's very simple. It's a template where, you know, it shows all the days from Monday to Sunday and when you would allocate your daily time, so at least 10 minutes. So when during the day...it could be in the morning so you could put it at 8:00 or 6:00 a.m. whatever, and you indicate that. So that's already a way to fit it in your schedule and to give it importance and for some even a priority. And you may even determine where you do your daily practice. So a place that you like and that is conducive to a good practice. So you would indicate the times of the day.

And for your weekly practice, you could indicate where it would be. Some people have more time over the weekend or in the evening, so they could just indicate let's say a Saturday morning around 10:00. I allocate my 30 minutes of weekly time.

So this is just a way to fit it into your schedule to make sure that you actually have enough time to do it. It's like going anywhere or doing anything to learn whether it's a hobby, like music or sports. There needs to be time to learn it and quite often you have to go to courses or you have to go to classes so you have to allocate it within your very busy schedule.