

## Creating Your Own Practice – Guiding Principles of ITP

Date \_\_\_\_\_

ITP Practice	Where I am Now	Where I Want to Be	Steps to Consider
<p style="text-align: center;"><b>I am my own authority</b> <i>Taking full responsibility for my practice.</i></p>			
<p style="text-align: center;"><b>Connection to Community</b> <i>Supporting others in their transformation.</i></p>			
<p style="text-align: center;"><b>Kata Practice</b> <i>Recommend 5 times a week.</i></p>			
<p style="text-align: center;"><b>Meditation Practice</b> <i>Recommend 5 times a week.</i></p>			
<p style="text-align: center;"><b>Aerobic Exercise and Strength Training</b> <i>Recommend 3 or more times a week.</i></p>			
<p style="text-align: center;"><b>Development of Intellectual Powers</b> <i>Reading, writing and discussion.</i></p>			
<p style="text-align: center;"><b>Conscious Eating</b> <i>Mindful awareness.</i></p>			
<p style="text-align: center;"><b>Staying Current</b> <i>Opening my heart in love and service and seeking counsel when needed.</i></p>			
<p style="text-align: center;"><b>Affirmations</b> <i>Statements on positive transformation of my being.</i></p>			
<p style="text-align: center;"><b>Service</b> <i>Finding ways to help others.</i></p>			