

# Instructions

## Tummo Breathing Progress Tracker

**Day No.** \_\_\_\_\_

Write the current day number (1 through 7) to organize your entries and track your journey over the week.

### **Visualization Experience**

Describe any images, symbols, or scenes you visualized during your Tummo Breathing session. Include details such as colors, movements, and how these visualizations made you feel.

### **Physical Sensations**

Note the physical feelings you experienced before, during, and after the practice. Mention any changes in temperature, muscle relaxation, energy levels, or other bodily sensations.

### **Emotional State**

Record your emotions before and after practicing Tummo Breathing. Highlight any shifts in mood, feelings of calmness, stress relief, or emotional release.

### **Challenges Faced**

Identify any difficulties or obstacles you encountered during your practice. This could include trouble maintaining focus, achieving breath holds, or physical discomfort.

### **Reflections and Insights**

Reflect on your overall experience for the day. Share any realizations, lessons learned, or how the practice impacted your daily life.

Day No. \_\_\_\_\_



# Tummo Breathing Progress Tracker

## Physical Sensations

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## Rounds Completed

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## Emotional State

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## Visualization Experience

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## Challenges Faced

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## Reflections and Insights

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*I am strong and centered, "My inner fire empowers me*



Day No. \_\_\_\_\_



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 Challenges Faced

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 Reflections and Insights

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Day No. \_\_\_\_\_



# Tummo Breathing Progress Tracker

## Physical Sensations

Four horizontal dotted lines for writing physical sensations.

## Rounds Completed

Three horizontal dotted lines for writing the number of rounds completed.

## Emotional State

Four horizontal dotted lines for writing the emotional state.

## Visualization Experience

Eight horizontal dotted lines for writing the visualization experience.

Challenges Faced section with a smile icon and two horizontal dotted lines.

Reflections and Insights section with a smile icon and two horizontal dotted lines.



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Day No. \_\_\_\_\_



# Tummo Breathing Progress Tracker

## Physical Sensations

Four horizontal dotted lines for writing physical sensations.

## Rounds Completed


Three horizontal dotted lines for writing the number of rounds completed.

## Emotional State

Four horizontal dotted lines for writing the emotional state.

## Visualization Experience

Eight horizontal dotted lines for writing the visualization experience.

 Challenges Faced  
Two horizontal dotted lines for writing challenges faced.

 Reflections and Insights  
Two horizontal dotted lines for writing reflections and insights.



*I am strong and centered, "My inner fire empowers me"*

Day No. \_\_\_\_\_



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## Physical Sensations

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## Tips for Effective Journaling

- **Be Consistent:** Try to journal at the same time each day, preferably after your practice session.
- **Be Honest:** Record both positive experiences and challenges to gain a comprehensive understanding of your progress.
- **Use Descriptive Language:** The more details you provide, the better you can track subtle changes over time.
- **Incorporate Visuals:** If you're artistically inclined, add drawings or symbols that represent your experiences.
- **Review Regularly:** Periodically read back through your journal to celebrate your progress and adjust your practice as needed.