

# PERSONAL YOGA PRACTICE ASSESSMENT SHEET

## STEP 1: Define your motivation and commitment

Why do I want to practice yoga? What do I get from it?

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When will I do my practice?

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## STEP 2: Evaluate where you are on each one of Panchamaya levels and where you want to be.



### ANNAMAYA (THE PHYSICAL BODY)

(ACHES AND PAINS, LIMITED MOBILITY OR FUNCTION, POOR BALANCE, SENSE OF UNEASE WITHIN THE BODY)

What concerns me right now in my physical body	How I would like to feel in my physical body

What makes me feel better in my body?

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What makes me feel worse in my body?

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### PRANAMAYA (THE VITAL BODY)

(STRESS, SLEEP AND ENERGY, VARIOUS ORGAN FUNCTION, SENSE OF VITALITY)

What is my level of stress right now?	Where would I want it?
Do I get enough sleep?	How much sleep do I need?
Am I happy with the quality of my energy?	What would I want it to be?
Do I have any issues with organ function?	What would I want it to be?



## MANOMAYA (THE INTELLECTUAL MIND)

(ABILITY TO FOCUS, MEMORY, LEARNING, QUALITY OF MENTAL ACTIVITY)

Do I get easily distracted?	How would I prefer it to be?
Do I experience incessant mental activity?	How would I like it to be?
Do I have trouble remembering things?	What would I want it to be?



## VIJNANAMAYA (THE PERSONALITY)

(PERSONALITY TRAITS, CONDITIONING, HOW WE VIEW THE WORLD)

What kind of emotions keep coming up for me?	How would I prefer it to be?
How often do I feel anxious or disturbed?	How would I like it to be?
How often do I feel depressed or disengaged?	How would I like it to be?
How often do I feel calm and content?	How would I like it to be?



## ANANDAMAYA (THE HEART CENTER)

(SENSE OF JOY, CONNECTION AND BELONGING)

Do I feel supported in my intimate relationships?	How would I prefer it to be?
Do I have a social support network I can rely on?	How would I like it to be?
Do I feel like I matter?	How would I like it to be?
Do I do things that give me joy?	What would I want it to be?

**STEP 3:** Define your priorities. Circle the lines above that you want to focus on. Summarize below.

Primary concerns (most important right now)	Secondary concerns (important in the long run)
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# HOW TO MAKE YOUR HOME YOGA PRACTICE WORK FOR YOU

## CHECKLIST



### FILL OUT THE ASSESSMENT SHEET

Pinpoint the areas of your life that are lacking right now and preventing you from living a fulfilling life. Set a direction for your efforts.



### CREATE AN ACTION PLAN BASED ON YOUR FINDINGS

Identify your primary and secondary concerns, choose your yoga routine(s) and outline a weekly plan for your practice.

1. Define your priorities by choosing the most pressing issues for you right now from the assessment sheet.
2. Decide when you will do your practice and how often. It always works best to “hook” your practice to some other regular activity.
3. Identify yoga practices to help with those issues from any resources you like to use.
4. Outline a simple plan for your practice that is both useful and interesting to you. This plan will depend on the sense of urgency, as well as your temperament and preferences. For example:
  - If you have a truly pressing issue, you can focus on that issue 3x/week.
  - If there are no urgent issues, you might choose to deal with your primary concerns 2x/ week and your secondary concerns 1x/ week.
  - To keep things more interesting, you can choose to deal with whatever comes up 1x/week, one primary issue 1x/week and one secondary issue 1x/week.
5. Support your effort with life choices that reinforce the same ideas. Replace or modify activities that make you feel worse, do more of the activities that make you feel better.



### STICK TO YOUR PLAN FOR ONE MONTH

Follow through with your plan and see how it feels. It helps to keep track of your response to different routines by jotting down some key points.



### REEVALUATE, CORRECT COURSE IF NECESSARY

Go through the assessment sheet again and note if any change took place. Modify your approach or choose different practices, if necessary, and continue with your practice.