



Silence & Solitude Practice

Train focus, awareness, and inner strength.

Daily Silence Commitment: _____ minutes

Time of day: _____

Location: _____

This Week's Focus:

Breath only Body scan Observe thoughts without judgment Gratitude in
silence

What arose today in the silence?

Insight or feeling I will carry forward:

The forge is quiet. Strength is built in the stillness most people avoid.