

# Get started with your yoga practice at home

This is a questionnaire that will help you to get started with your yoga practice at home and stick to it! Answer the questions below and get started! [Read the blog post first if you haven't already.](#)

- 1. **What benefits do you want to feel from the yoga practice? How do you want to feel after?** *Ex: I want to sleep better. I want to be energized. I want to have less pain.*

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- 2. **WHY do you want to have those benefits?***Ex. I want to sleep better so I have energy to do fun stuff after work. I want to be more energized so i can play with my kids. I want less pain so I can do more gardening.*

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3. **Visualize your new you.** How do you look? How do you feel? What are you doing when you feel this way? Remember this image when you have a lack of motivation.

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4. **What is your biggest obstacle to do your yoga practice at home?** *Ex: I can't seem to get up in the morning. I don't have any good yoga program. It's difficult to do yoga without instructions.*

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5. **What is your strategy to remove that obstacle?** *Ex: Go to bed 15 minutes earlier. Make an appointment to a private session. Buy a video or sign up for a online program.*

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6. **How many days a week are you going to do your yoga practice at home?**

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7. **Which days** \_\_\_\_\_

\_\_\_\_\_

8. **What time** \_\_\_\_\_

9. **How long?**

(You can have different length in different days)

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Sunday: \_\_\_\_\_

10. **Where are you going to do yoga?** Decide where in your home that is going to be your regular spot!

Here \_\_\_\_\_

11. **Do you need any tools??** Yoga mat, timer, videos etc?

I need: \_\_\_\_\_

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12. **How does your ritual look like?** *Ex: First I'll drink a glass of warm water (good for detox), light a candle, say some gratitude affirmations)*

My ritual: \_\_\_\_\_

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13. **When I are you going to start?**

Start: \_\_\_\_\_

When have you accomplished 40 days: \_\_\_\_\_

That's it! You are ready! Below you have a schedule you can write your plan in and put on your fridge! It's visible and makes it easier for you to stick to your yoga practice. Good luck!

*Helén*

Here is an example how to fill in your schedule. You can also write if you skipped or not and how you felt. If you can't stick to your yoga after this goal setting, you need to refill the form again and make the goals more realistic. Don't feel bad if it doesn't work, just make a new plan that works for you! Remember to start small and increase over time!

😊 Feel good    😞 Skipped yoga  
 😍 Bliss!    😖 Resistance

### Yoga Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time 6,30 AM 😞	Time	Time 6,30 AM 😊	Time	Time 06,15 AM 😖	Time 07,00 AM 😊	Time
Length 15 min	Length	Length 20 min	Length	Length 30 min	Length 45 min	Length
Yoga set Breathe & Open Up	Yoga set	Yoga set Breathe & Open Up	Yoga set	Yoga set Breathe & Open Up	Yoga set Breathe & Open Up	Yoga set

# Yoga Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Time	Time	Time	Time	Time	Time	Time
Length	Length	Length	Length	Length	Length	Length
Yoga set	Yoga set	Yoga set	Yoga set	Yoga set	Yoga set	Yoga set