

# Willing Hands / Half Smile Diary

How many times each day did I practice?

Daily Diary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Willing Hands							
Half Smile							
Willing Hands & Half Smile Together							

For best recall, Fill this card out daily.

Between these two exercises, the more calming for me was? \_\_\_\_\_

I noticed the following results by using them both together:

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I found that with practice, I was able to hold my pose for a longer period of time. \_\_\_\_\_ Yes \_\_\_\_\_ No

The most effective practice session was when....

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