PRACTICE EVERYTHING

MY MINIMUM VIABLE PRACTICE

Name the truth. Choose the least you can do.
Align your identity with action.



ACCEPT
WHAT IS?

Notice fear.
It asks, "What if?"

I KNOW I SHOULD _____
NAME THE TRUTH

_____

BUT _____
NOTICE THE FEAR

ACT
WHAT NOW?

Notice friction.
It says, "Later."

I WANT TO _____
NAME THE ACTION

_____

BUT _____
NOTICE THE FRICTION

THE SMALLEST STEP

The least you can do that still moves you forward.

MY MINIMUM VIABLE PRACTICE IS _____
SHRINK THE ACTION

_____

WHEN _____
NAME THE MOMENT

I WILL _____
NAME THE STEP

ALIGN
WHAT AM I PRACTICING?

Notice gravity.
It says, "This isn't me."

I'M PRACTICING _____
NAME THE PRACTICE

_____

Say this one out loud. It's true on the first rep.

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TURN OVER FOR YOUR 30-DAY TRACKER →

PRACTICE EVERYTHING

30 DAYS

OF PRACTICE ON PURPOSE

THE REPS

ONE STEP EACH DAY

Practice is always ready to begin again.

I'M PRACTICING _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

RESISTANCE

THREE VOICES

Name the one you hear. Then take the next step.

FEAR	It asks, "What if?"	Ask "What is?" and name the truth.
FRICTION	It says, "Later."	Ask "What now?" and shrink the step.
GRAVITY	It says, "This isn't me."	Say your "I'm practicing" line out loud.

THE LAWS OF PRACTICE

Do the least you can, and keep going.

YOU BECOME WHAT YOU PRACTICE.

CONSISTENCY BEATS INTENSITY.

THE NEXT STEP REVEALS THE NEXT STEP.



KEEP PRACTICING

Scan for a free practice tracker.
Add your email to save your days.

SHAUNTINNEY.COM/PRACTICE-TRACKER

THE BOOK	A watercolor philosophy book. Find it at practiceeverything.com.
ENNEAGRAM PRACTICE	Learn your type. Get 30 days of daily practice built around it.
ONE-ON-ONE COACHING	For people in transition who want a clearer view of their patterns.