
WORKSHEET

TRACK YOUR RELAXATION SKILLS

This worksheet is designed to help you track your relaxation skills. Use it to reflect on how they're working for you and what changes you notice over time. For most relaxation response skills you might notice some benefits the first few times you practice, but it usually takes regular practice before you begin to see more results.

Date	Which relaxation skill(s) did you practice?	How long did you practice?	Which elements of this practice did you find easy, difficult, or surprising?	How did you feel after the practice?	Overall, how have your stress levels been today? Have you noticed any changes?