

Lisa Dalton's Recommended POA Journal

Name:

Today is

POA #

For _____ minutes, I practiced/played with the tools and techniques of :
Remember to use the Rock N Roll DVD to help you with the exercises if needed.

This morning I observed that:

This morning I applied the above techniques while I:

This afternoon I observed that:

This afternoon I applied the above techniques while I:

This evening I observed that:

This evening I applied the above techniques while I:

Through my Practice, Observation and Application today, I have created a Piece Of Art
and I am excited to have discovered: