

Creating Your Own Authentic Practice – Guiding Principles of ITP			
ITP Practice	Where I Am Now	Where I want to be	Steps I'll take to get there
I am the final authority <i>Taking full responsibility for my practice</i>			
Connection to Community <i>Supporting others in their transformation</i>			
Kata Practice <i>(Recommend at least five times per week)</i>			
Meditation Practice <i>(Recommend at least five times per week)</i>			
Aerobic Exercise & Strength Training <i>(Recommend three or more sessions per week)</i>			
Development of my intellectual powers <i>(Reading, writing, and discussion)</i>			
Conscious Eating <i>Mindful awareness when eating</i>			
Staying Current <i>Opening my heart to others in love & service and seeking counsel when needed</i>			
Affirmations <i>Positive transformation of my being</i>			
Service <i>Finding ways to help others</i>			