

Practice of Thriving Program Tracking Sheet for Individuals

Fill in this form as you complete each activity or task to track your progress.

Activity/Task	Date Completed	Notes
Review all materials for the Practice of Thriving program		
Read the book <i>Spiritual Economics</i>		
Complete the course workbook for congregants		
Set up a prayer triad or find a prayer partner (continue holding consciousness together through April)		
Review one of the Power of Prosperity X 12 at the start of each month and meditate on its message (Sign up at www.unity.org/enews)		
OPTIONAL: Enroll in or facilitate the 6-7 week class with others		
OPTIONAL: Attend a prosperity workshop		