**Bristol Sangha Urban Retreat:**

**Resolve – Remind – Review**

"Resolve – Remind – Review" is a simple little tool for helping you to keep your practice on course day-to-day, in the midst of a busy life. It is about creating the conditions that support practice.

1) **Resolve** First of all, make a clear resolve. What are you going to try and practice this week? What will you do (or *not* do!) this week? Write down these intentions – on the timetable, if that’s helpful.

2) **Remind** Then we need reminders and supports for when we’re in the midst of busyness that might otherwise distract us from our deeper purpose.

1. Slogans/reminders: You might form your resolutions into really pithy (even a bit lighthearted and humorous – see it as play, not just work!) slogans. Pin them up on your desk (with post-its?), or use those magnetic letters on your fridge to spell them out. Or put them on the bathroom mirror!
2. Rituals Create rituals and routines that also help remind

and support your intention. Here are some possible ideas:

* Maybe have two-minute mindfulness breaks in your day to "step-back" and create more awareness.
* Or chant a mantra when walking to work, or every time you make a cup of tea, as a way of reconnecting.
* At home, you could do the Dedication Ceremony each morning, and/or have readings and reflections that relate to your resolutions, and/or create a special shrine.

iii) Dharma-buddies – someone you’re paired up with for the week, who you can talk to about your resolutions and progress in practicing. Make sure you've made a date with them, don’t just leave it to one of you to contact the other, as you know what will happen otherwise! Take an exercise walk together, or chat on the phone or, at the very least, text each other. Meeting and talking will also act as a reminder and a support.

3) **Review** Lastly, we need to review. Each day ask yourself how it is going. Are the intentions I’ve set proving helpful? Do I need to refine them, or to adjust to take into account what I’ve learnt so far? Do I need to be a bit more realistic, or could I be more ambitious? Am I staying inspired? Am I creating enough supportive conditions? It is all about learning as you go: if we don’t always do what we intended the point is not to beat ourselves up, but to see what you can learn for the future.

And at the end of the retreat, on the final Saturday, we’ll come back to review the week together and to see what intentions we might want to set going forwards, on the basis of our experience and learning from the week.