



Super-Duper Personal Practice Tool



This is a basic pattern for a door-hanger.

It's purpose is to alert partners, pets, children, gnats, and other spirits – embodied or otherwise – that you are in Personal Practice Mode.

It also alerts YOU that **YOU** are in Personal Practice Mode.

Of course, depending upon your situation, you may also need a caveat. This is mine:

“Unless someone is bleeding significantly or the house is burning at 95% out-of-control, no one is allowed to interrupt me. This includes but is not limited to such actions as: knocking, whispering my name, shoving notes/toes/fingers under my door, “just waiting” outside my door, or repeatedly rolling one’s body into my door while loudly sighing.

“This warning comes with a penalty of eating spinach 3 days in a row or cleaning the toilets for the next 1,602 days ... whichever is worse.”

So, have a little conversation with your family/friends/pets (not kidding about pets) regarding your Personal Practice Mode. Communicating allows you to set the stage for optimum, uninterrupted time.

It may take a bit for folks to get with the program, but after they see how beneficial you find it (or your toilets sparkle beyond recognition), they’ll get the idea.

They may even want one of these for their very own.

Instructions:

Print door-hanger pattern on cardstock or print on paper and glue on cardboard (must be sturdy for frequent usage). Cut out pattern and center hole. On it write a word or phrase, such as “Grooviness Happening - shhhhhhh”.

Hang on door knob when in Personal Practice Mode.
Do this even if alone in house!

Advanced:

Embellish door-hanger with paints, glitter, photos.
Markers acceptable.