

# STRESS AND MEDITATION - AWARENESS WORKSHEET

DATE: \_\_\_\_\_

Take your time with this sheet. There is no need to get it done aka finish your homework. This is purely for your own developing awareness and therefore there is no right or wrong only a deepening relationship with yourself. You may even want to track if this is a work day, day off, shift work, taking care of kids/grandkids, day of your cycle or any other specific detail. This enables you to reflect on your quality for each different type of day.

## BODY REFLECTION

This is a very important starting point for all awareness. This is actually where it all begins. Recognising what your body is communicating to you is a valuable tool when we are wanting to deepen our connection and understanding of who we are and what is true for us in life. Our body can reflect to us areas of imbalance that need to be addressed.

## QUALITY REFLECTION

Once you feel naturally aware of the wisdom your body is continuously sharing it is much easier to clearly feel what your state of being is sharing with you. Are you settled or are you stimulated and racing? Are you conflicted or unresolved? Is there something not quite sitting right for you? Are you ignited and purposeful? Do you have loads and loads of vitality or do you feel drained? These questions and so much more are extremely valuable as you start to peel back the layers of what is not true for you and start to live from a place of inner/outer congruence.

*When we are numb to what feels true or not true to us, we can:*

- 1. Be easily drained*
- 2. Allow others to walk all over us*
- 3. Give up on life*
- 4. Feel a sense of emptiness even though life might look good on the outside*

Ask yourself, how does my body feel? Where am I holding stress or tension? Is there hardness, pain, restriction, discomfort, bloating, cold, hot, emptiness, fullness etc?

BODY REFLECTION	AWARENESS
Neck	
Shoulders	
Heart	
Stomach	
Uterus	
Upper Back	
Lower Back	
Hips	
Legs	

