

A woman with long dark hair, wearing a bright yellow sleeveless dress and black sandals, is leaning against a black metal railing. She is looking upwards and to the right with a slight smile. The background is a teal wall with abstract black and blue line art, including circles and leaf-like shapes. In the top left corner, there is a white graphic element consisting of two curved lines that meet at a point, resembling a stylized infinity symbol or a lens flare.

Be Aware.
Be Present.

Connect

This is a tool to build awareness, increase presence, and connect you to your breath, body (physical and emotional), mind, and spirit. When we establish where we are at any given moment and practice accepting that, we put resistance down and lean in creating less of a struggle. From here, we have the space to shift into what's next with more power, intention, alignment, and flow.

Let this become yours. As you use it, you may feel called to ask additional questions, omit certain ones... You may decide to check in on other areas... Let the way you work with it unfold in whatever fashion best supports. Let's check in...

WHAT DO YOU NOTICE WITH:

YOUR BREATH?

Notice the depth. Is it deep? Shallow? As you inhale and exhale, does it seem to get stuck anywhere, feel like it's challenging to move it? How are you experiencing your breath? Notice how you experience your breath.

YOUR BODY?

Where is there space? Tension? Are you able to settle into your posture? Into the moment? Do you seem to be challenged to settle? Do any parts of you feel hyper vigilant? Are you in your body? How are you experiencing your body? Notice how you experience your body.

YOUR HEART?

Is it open? Closed? Are you present to your emotional state? Are you checked out? What does your heart want to tell you? Are you relying on your head too much due to old patterns of tension and fear? How are you experiencing your sacred heart? Notice how you experience your heart.

YOUR MIND?

Is it racing? Like a lazy river? Is there a theme to your thoughts? If yes, what is it? Do you want to get lost in your them? Is today more like you wanna run from all the noise? Are they full of stories, fears, and mistruths? How are you experiencing your mind? Notice how you experience your mind.

YOUR SPIRIT?

Do you feel separated from your truth? Do you feel unconditional love and support? Do you feel connected to your fellow human? Do you trust? Do you have access to surrender or know what will allow you to access it? How are you experiencing your spirit? Notice how you experience your spirit.

WHAT FEELS IMPORTANT TO CAPTURE?

Any thoughts that seem relevant? Images? Feelings? Scents? Body sensations?
Words? Phrases?

CREATE AN ACTION ITEM THAT WILL ALLOW YOU TO TAKE THIS EXERCISE OUT OF THIS MOMENT WITH YOU.

Remember -- practice means progress, not perfection. Take whatever next step is true for you, and meet yourself where you're at with compassion and grace. Let it be simple, sustainable, and joy filling if possible. <3



Jenn Shull

Alignment Coach

jenn@theboldthing.com

704.726.8742



theboldthing.com