

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 patterns. In the top left corner, there is a white graphic element consisting of two curved lines that meet at a point.

Be Aware.
Be Present.

Connect

This is a tool for building awareness, increasing presence, and connecting to one's breath, body (physical and emotional), mind, and spirit.

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 WHEN YOU OBSERVE:

Your breath?

Notice the depth. Is it deep? Shallow? As you inhale and exhale, does it seem to get stuck anywhere? Does it feel like it's challenging to move it through certain areas? Do you need to create space for breathwork today? A restorative practice? How are you experiencing your breath? Notice how you experience your breath. Notice how your breath might be affecting your body, emotions, mindset, and spirit. Through your breath, you are present and connected to the divine. When you learn how to let go of tension in your breath patterns, the body and the mind are spared those triggers.

Your physical body?

Where is there space? Tension? Do you feel settled? Do you seem to be challenged to settle? Are you in pain? Are you experiencing discomfort? Where are your energy levels? Are you in your body right now? How can you tell? Do you need movement today? Stretching? Strength training? Rest? Notice how your physical body might be impacting your breath, emotions, mindset, and connection to spirit. How are you experiencing your body? Notice how you experience your body. When you are in your body, you work with a much deeper level of wisdom and awareness.

Your emotional body?

Are you present in your emotional state? Are you able to self-regulate? Are you checked out? Are emotions that you don't know how to work with making it feel "unsafe" to be in your body? Would you be supported to talk to a coach or other professional? Do you need to cry? Laugh? Scream? Ask your inner child what they need. Consider what type of yin practices you may be willing to take on. Notice how you experience your emotional body. Notice how your emotions impact your breath, body, mindset, and spirit. When you create more awareness and transformation here, you become more emotionally intelligent.

Your mind?

Is it racing? Like a lazy river? Is there a theme to your thoughts? Are you getting creative downloads? Having dreamy daydreams as you imagine what's next? Is your head full of stories, fears, and mistruths? Are you able to redirect, or are you stuck in your muck? Do you need to meditate? (There are lots of ways to do it, and no way is better or right. Ask for help if you need it.) Do you need to talk to a professional? Learn how to navigate ADHD,

ADD, etc. Do you need some support from the nervous system so you can shift more into a state of “rest and digest”? Notice how your mindset impacts your breath, body, emotions, and spirit. How are you experiencing your mind? Notice how you experience your mind. When you learn how to train your mind, so much more is possible.

Your spirit?

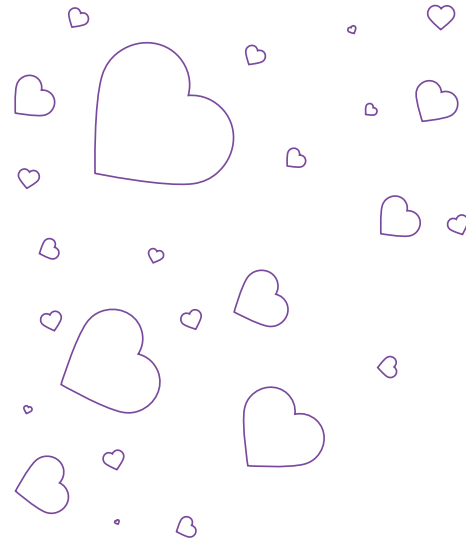
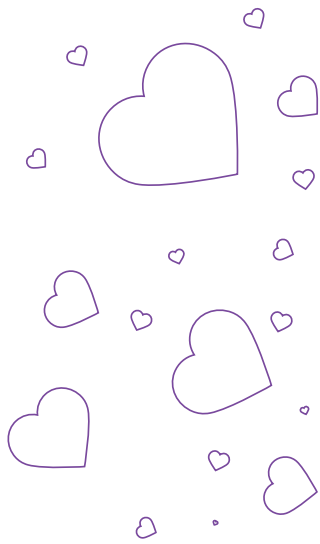
Do you feel separated from your truth? Do you feel the unconditional love and support available to you? Do you feel connected to your fellow human? Do you trust? Notice how you experience your breath, body, emotions, and mindset when connected to your deepest self. Do you need mentorship with your spirituality? Do you need to determine what that word even means? Would you be served by incorporating more spiritual practices into the mix? How are you experiencing your spirit? Notice how you experience your spirit. You are a human being with a spirit. When you learn how to work with both, life gets easier.

What feels important to capture? Any thoughts that seem relevant? Images that came up? Feelings? 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(s) 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

Don’t forget that I’m here to help! I would not be here without all that I continue to receive.

SPACE FOR THOUGHTS



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