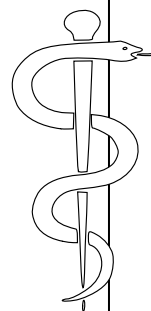


# PHYSICAL & METAPHYSICAL WELLBEING

## WORKSHEET



Read the prompts and complete the sentences about you.

### THE MIND-BODY CONNECTION

- 1 When I wake up in the morning, my very first thoughts are...  
.....
- 2 When I am emotionally triggered, my methods to cope are...  
.....
- 3 My habits around sleep, diet and exercise aren't consistent because of...  
.....
- 4 My energy level and enthusiasm for life in most days is...  
.....
- 5 When I think of myself, the kind of thoughts that first surface are...  
.....
- 6 My ability to focus on a task is...  
.....

### HEALING

- 1 My childhood memories are...  
.....
- 2 My attitude towards protecting my mental and physical health is...  
.....
- 3 My connection with the spiritual aspect of myself is...  
.....
- 4 My past brings emotions of...  
.....



#### ACTION STEPS

- Reduce your stress level by broadening your perspective of life.
- Strike a work-life balance by focusing on real priorities in life (health, peace, rest...)
- Correct your self-Image & learn to accept yourself just the way you are.
- Enough rest, healthy nutrition, and exercise of Mind & body should be a priority.

#### ACTION STEPS

- Heal your inner child by practicing forgiveness and letting go.
- Integrate the darker aspects of yourself and reduce self-criticism
- Connect with your higher self with introspection & Meditation.
- Live in the Now by being present in the Mind.