

Body Awareness



Where do I feel tension in my body today?



What does my body need right now?



How has my energy changed throughout the day?



What physical sensation am I noticing?



When do I feel most comfortable in my body?



What habit helps me feel physically better?



What does my body do when I feel stressed?



How can I care for myself today?



What movement feels enjoyable right now?



What is my body asking me to slow down and notice?

