

JOURNAL WRITING

AT THE CURRENT MOMENT, HOW ARE THE 4 DIMENSIONS OF YOUR BEING: HEAD, HEART, BODY, AND SPIRIT FEELING? WHAT ARE YOU PAYING ATTENTION TO AND WHAT IS BEING IGNORED? WHAT IS ONE THING THAT YOU COULD DO TO NOURISH AND TAKE CARE OF EACH DIMENSION?

SOMETHING FOR YOUR HEAD/BRAIN?



SOMETHING FOR YOUR HEART?



YOUR
BEING

SOMETHING FOR YOUR BODY?



SOMETHING FOR YOUR SPIRIT?



LIST OF THINGS YOU CAN DO:

"WHEN YOU CAN'T CONTROL WHAT'S HAPPENING, CHALLENGE YOURSELF TO CONTROL THE WAY YOU RESPOND TO WHAT'S HAPPENING. THAT'S WHERE THE POWER IS." —@NUTRITIONRITES

CREATE A LIST OF THINGS THAT YOU CAN DO DURING THIS TIME - THINGS THAT YOU HAVE CONTROL OVER AND THAT **EVOKE POSITIVE, HEALTHY FEELINGS AND A SENSE OF WELL-BEING.**

SOME EXAMPLES:

- ENGAGE IN VERY SIMPLE, 5-MINUTE DEEP BREATHING SESSIONS AT LEAST THREE TIMES A DAY.
- LIMIT NEWS AND SOCIAL MEDIA INTAKE.
- GO FOR A WALK! PUT YOUR FEET ON THE EARTH AND BREATHE DEEPLY!
- CHECK ON AN ELDERLY FRIEND, RELATIVE, AND/OR NEIGHBOR AND SEE IF THEY NEED ANYTHING LIKE GROCERIES OR MEDICATIONS PICKED-UP.

MY LIST: