

Easeful Living Evaluation

Finish these sentence stems to help you see the trajectory of your new habits. This will help you get a sense of what is emerging in you. Who or what are you becoming from your better body habits?

I'm becoming the kind of person...

who...

that...

wants...

cherishes...

appreciates...

The people who support **who I'm becoming** are: (This list can be people in your day-to-day life, and also include authors, bloggers, teachers, or others who inspire you, but might not know you...)

The people who prefer the person I **used to be** are: (or prefer the habits I used to have)

Evaluation Worksheet

for Easeful Living

Finish these sentence stems to help you see the trajectory of your new habits.
This will help you get a sense of what is emerging in you...

If I continue these habits... I'll probably experience this in 10 weeks:

1.

2.

3.

4.

If I continue these habits... I'll probably experience this in 6 months:

1.

2.

3.

4.

Choose Your Orientation Worksheet

for Easeful Living

At the most basic level we choose our inner body orientation. Take a moment to reflect and fill in the boxes. You help yourself notice what is happening behind the scenes.

Do you choose to have an easeful relationship to life (your body, your mind, your relationships, to stress, to what is possible each day)?

Do you choose to have a stressful relationship to life (your body, your mind, your relationships, to stress, to what arises each day)?

What I do to align to Ease:

What I do to align to Stress:

Sketch Your Emerging Orientation

for Easeful Living

Sketch a road map of your habits which help you gravitate towards an easeful orientation to your emerging you.