

Easeful Living Evaluation

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

I'm becoming the kind of person...

who...

that...

wants...

cherishes...

appreciates...

Choose Your Orientation Worksheet

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.

What I do to align
to Ease:

What I do to create
Stress is: