

beyond

BEING WELL

WEEKLY REFLECTION

1. WHERE ARE MY THOUGHTS? (MIND)

2. HOW DOES MY BODY FEEL? (BODY)

3. WHAT FEELINGS AM I FEELING? (SOUL)

4. WHAT CHALLENGES AM I FACING AT THE MOMENT?

5. WHAT BELIEFS UNDERPIN THESE CHALLENGES?

6. BUT WHAT I KNOW TO BE TRUE IS.... (WHAT EVIDENCE EXISTS THAT TELLS ME THESE BELIEFS MAY NOT BE TRUE?)

7. THE TOOLS I HAVE AT MY DISPOSAL TO OVERCOME THESE CHALLENGES ARE....

8. I AM LOVEABLE BECAUSE....

9. WHAT I'M INCREDIBLY GRATEFUL FOR RIGHT NOW IS....

20. THIS WEEK MY INTENTION WILL BE TO....