

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....