

Monday

Mindfulness exercise: Do you tend to overlook your body or your soul's needs more? Where is your focus usually? More on the physical or spiritual? Once you have clarity on that. Close your eyes and set an intention for the day to include the other dimension more and review how you felt at the end of the day. What specifically would that involve?

NOTES	



Tuesday

Reflection question: What are some examples of how you align your talents, skills, abilities and strengths with connection in a typical week and what are some examples of how they disconnect sometimes?

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Wednesday

Meditation: Close your eyes -- Check in with your body today - ask it how it feels? See what answers you get and then ask what it needs. See if you can meet that need.



Thursday

Call to Action: What are three things you can practically start doing to increase the connection between your body and soul?

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