

Three Centers Check-In

Head Center

What are my *thoughts*?
What am I aware of in my mind?
What thoughts, images, remembering,
planning, hopes or concerns?

Heart Center

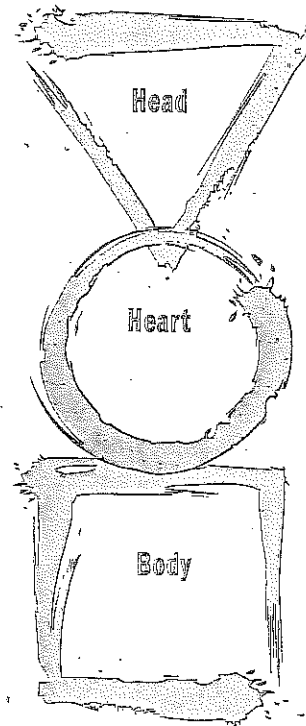
What are my *emotions*?
How would I describe my mood, attitude
or emotional tone?
Is there frustration, anxiety, delight,
disappointment, contentment?

Body Center

What are my *sensations*?
What am I aware of in my body?
Is there energy, fatigue, tension,
aching, ease, calm?
What is the quality of my breathing?

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Developing the Whole Person



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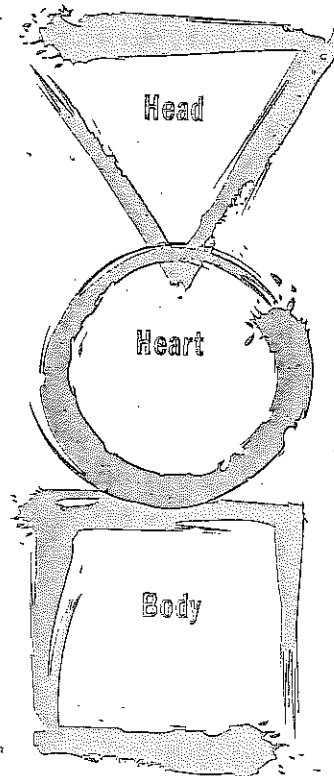
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