

My Own Self

Spend time now recording some of the key points you want to recall related to your relationship with self. Consider each question, starting with the head and moving down to the toes.

How do you (or will you) nourish your mind? What practices will help you grow intellectually?

How do you respond and relate to your feelings? What practices will help you grow emotionally?

What would you say about your relationship to food? What practices will help you nourish your body properly?

Do you (or will you) make time in your weekly schedule for exercise? What practices will help you stay fit?

How do you make time for rest in your life? What practices could you adopt that would help you claim sufficient time for rest and relaxation?

How do you maintain balance in your life? Are there any aspects of your life that are currently out of balance?

What practices could you incorporate into your life that would help you maintain a better balance between work, study, prayer, sleep, etc.?
