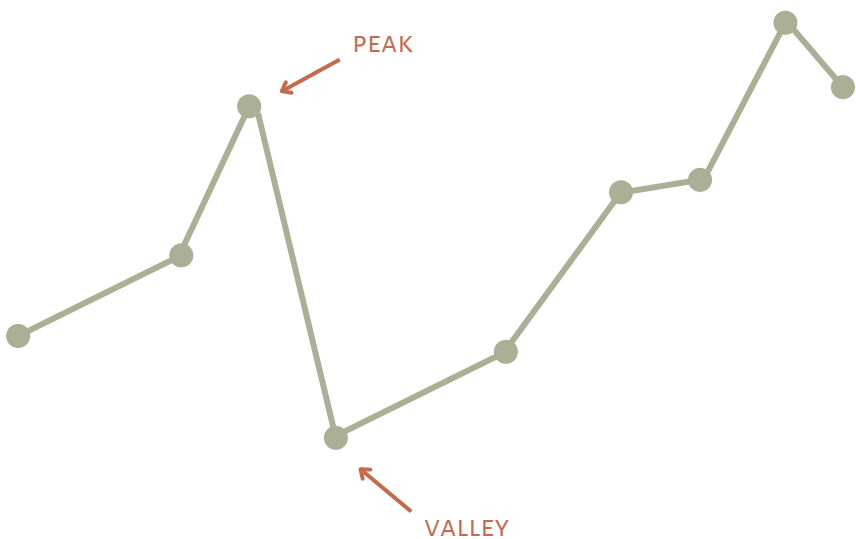


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This month, we will be exploring how we can use self-observation as a tool to discover and develop your WHATS.

To prep for our Whole Group Call, spend a bit of time charting your life's peaks & valleys—the high points and low points that have defined your life. This doesn't have to be highly detailed but should include the important pivotal experiences that have shaped you and your path. I'd encourage you to chart it out like a graph...maybe a little something like this:



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Chart your peaks and valleys below.

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The Practice & Power of Self-Observation

Self-observation is the practice of observing one's thoughts & feelings (emotions + physical sensations) both during AND after an experience.

Seated Meditation:

Mindfulness:

Pause & Notice:

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Peaks & Valleys

Some of the peaks and valleys in our lives are determined by outer experiences (the conditions of our lives). And some of them are determined and/or influenced by the choices we make—specifically, how we are or are not supporting ourselves.

As you reflect back on your peaks and valleys chart, make note of the choices you've made both on the upward and downward trajectories. Answer the following questions:

What has helped me? _____

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Peaks & Valleys (cont'd)

What has hurt me? _____

What wisdom can I gather from those experiences
that can support me in my life right now?

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WHAT are you choosing to prioritize this month?

WHY are you prioritizing those things?

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How will you prioritize these things? (Be as specific and tangible as possible.)

What could get in the way of / act as barriers to your prioritization of those things?

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Thoughts/Reflections/Questions

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