

# JUNE

This month, we will continue to explore, on a more granular level, the “whats” of our Peaks & Valleys. We will also return to the Body Compass to remind ourselves of the importance and impact of small, seemingly subtle choices and actions.

Looking back at your graph and notes about your Peaks & Valleys, note the things that helped or supported you, as well as the things that may have hurt you as you navigated the terrain of your life.

In the tables on the following pages, pull out as many specific “actions” or things you included or excluded in your life during the “Up” and “Down” times.

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## Moving Up

THE "WHAT"	THE SPECIFICS
<i>Quality time with friends</i>	<i>Close friends whom I trust; time sitting and talking; not people with whom the conversation is one-sided; usually longer visits of 2-4 hours... etc</i>
<i>Eating nourishing foods</i>	<i>Whole foods; lots of vegetables and good protein sources; lots of water; supplements (vit D, B complex, fish oil, magnesium, etc)</i>

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## Slipping Down

THE "WHAT"	THE SPECIFICS
<i>Saying "yes" too much</i>	<i>Saying "yes" when I know I need to say "no"...</i>
<i>Poor sleep</i>	<i>Bedtime too late; wake time too early; eating after 7 pm; too much caffeine after 10 am)</i>

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## Body Compass

When we first explored the Body Compass, we discussed the value in noticing the more obvious +/- 8s, 9s, and 10s as well as—perhaps more importantly—the more subtle +/- 1s, 2s, and 3s. Those numbers that hover around neutral often get overlooked or ignored, but they are often the small “things” that create the cumulative effect that shapes our lives over time.

### Defining & Trying

1. Pick an area of your Human Needs Ecosystem on which you would like to work (for now).
2. Define 2-5 intentional choices you will *try* to include in your life for the next 3-4 weeks
3. Incorporate 1-2 of these things into your life each week—or until it becomes less draining to do so; then add in another.
4. Try & Information: Remember that this isn't “trial & error” but “try & information” — we are here to learn.

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## Defining & Trying

HUMAN NEEDS ECOSYSTEM

INTENTIONAL CHOICES

WHAT I WILL PRIORITIZE THIS MONTH

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## Try & Information

If it helps you, journal about your experiences during and, especially, after you've included your intentional choices in your life.

What seemed to help?

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What didn't seem to help?

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How could it be done differently?

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WHAT are you choosing to prioritize this month?

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WHY are you prioritizing those things?

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

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

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JUNE

Thoughts/Reflections/Questions

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