

## Reflection Form

<b>What you would like to reflect on:</b> <b>e.g. a person, a habit, an event, a communication, a circumstances...</b> ..	What are my body sensations about this before, during and after of meeting with this person, doing the activity, or being on the event ....?	What are my thoughts about this situation before, during and after the activity, meeting, communication .....?	What feelings I have before, during and after the activity, meeting, event, circumstances.... ?	How is this what I am reflecting on nurturing me, my body and life and supporting me in being aligned of what is important to me?	How is this what I am reflecting on depleting me, my body and life and unhelpful to be and do what is important to me, to be aligned with my values..?	If it is nurturing me, reflecting on how much I enable this to be present in my life? If it is depleting, what is good for me in this, keeping me being or doing? How true is all these?	What I would like to happen? What is the tiny step I can make to alter my “relationship” with it in a more nurturing and positive way? Who or what could help me? What else is possible beyond what I can imagine?
e.g. A person							
A habit							
An event							
A circumstances							
...							
.....							

