

IGNITE & EMBODY

your inner healer



MODULE TWO



“

You are not your story, feelings,
emotions, or triggers -
You are an embodied soul here to
express your core desires.

- Maria Roe

ROUTINES & Goals

How do you begin and end your day? What goals do you have for yourself? Most importantly, how do you want to feel? Set yourself up for success here.

MY PROPOSED DAILY ROUTINE

- ie: Wake up at _____AM. Drink room temperature glass of water
- Somatic Self-care Journal
-
-

4 WAYS I WILL INCORPORATE CONNECTION

- With myself:
- With loved ones:
- With community:
- With nature/universe/God/Spirit:

GOALS + IDEAS FOR TODAY

- Food:
- Work / Household:
- Physical exercise / Movement:
- Other:

A Daily Journal

SOMATIC

Self-care

What do you do for the first thing after you open your eyes in the morning? Put down your phone, love and use these sheets to check in with yourself - body, mind, gratitude, and intentions.

GRATITUDE

INTENTION OR DEDICATION

WHAT I NOTICE IN MY BODY RIGHT NOW

IMAGES, EMOTIONS, IDEAS, OR IMPULSES PRESENT NOW

MY CORE DESIRED FEELINGS (PICK 4+)

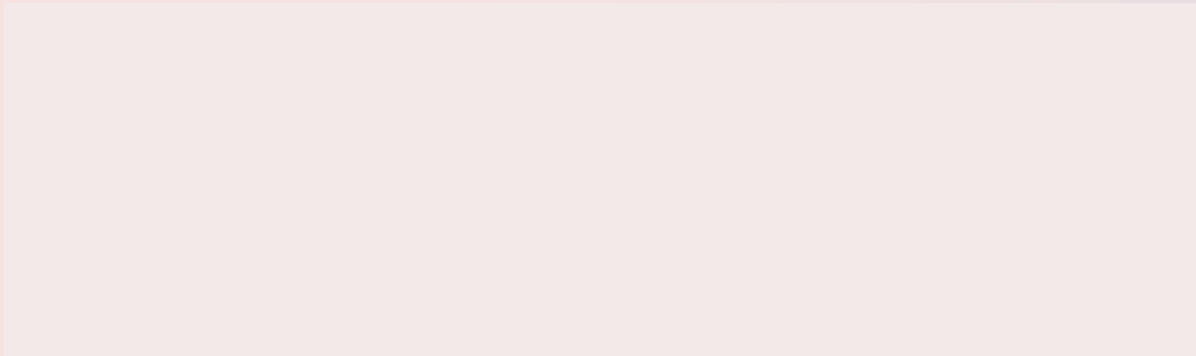
Yogic Philosophy

JOURNAL &

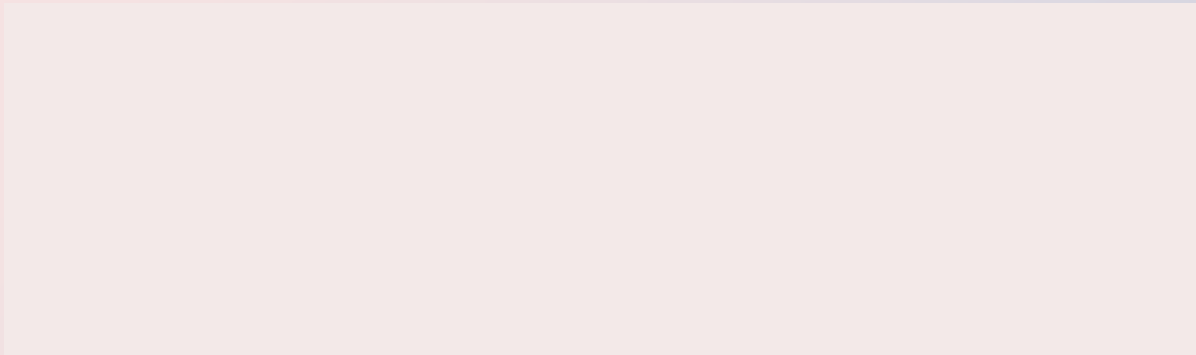
Reflect

This week we're discussing emotions, embodied honesty, & the yogic philosophy of *Satya* (truthfulness). Use the following pages to explore what these mean to you and how you might integrate them into your life.

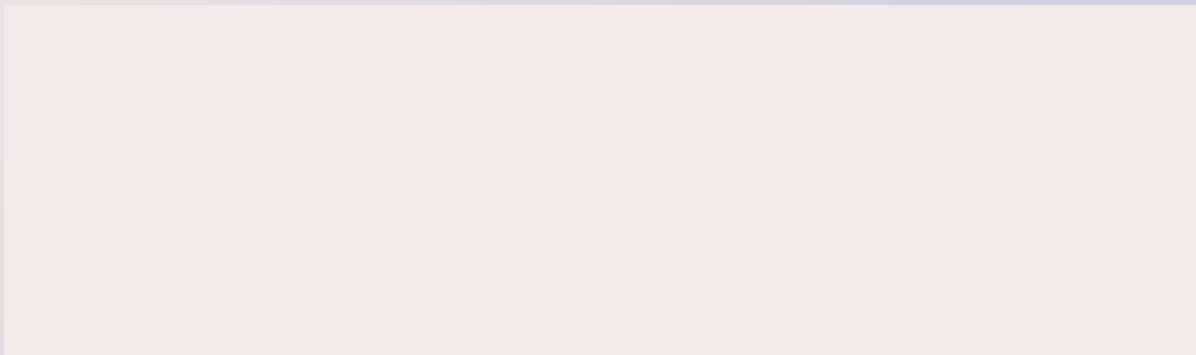
When I'm living in alignment with my truth, my life looks like this:



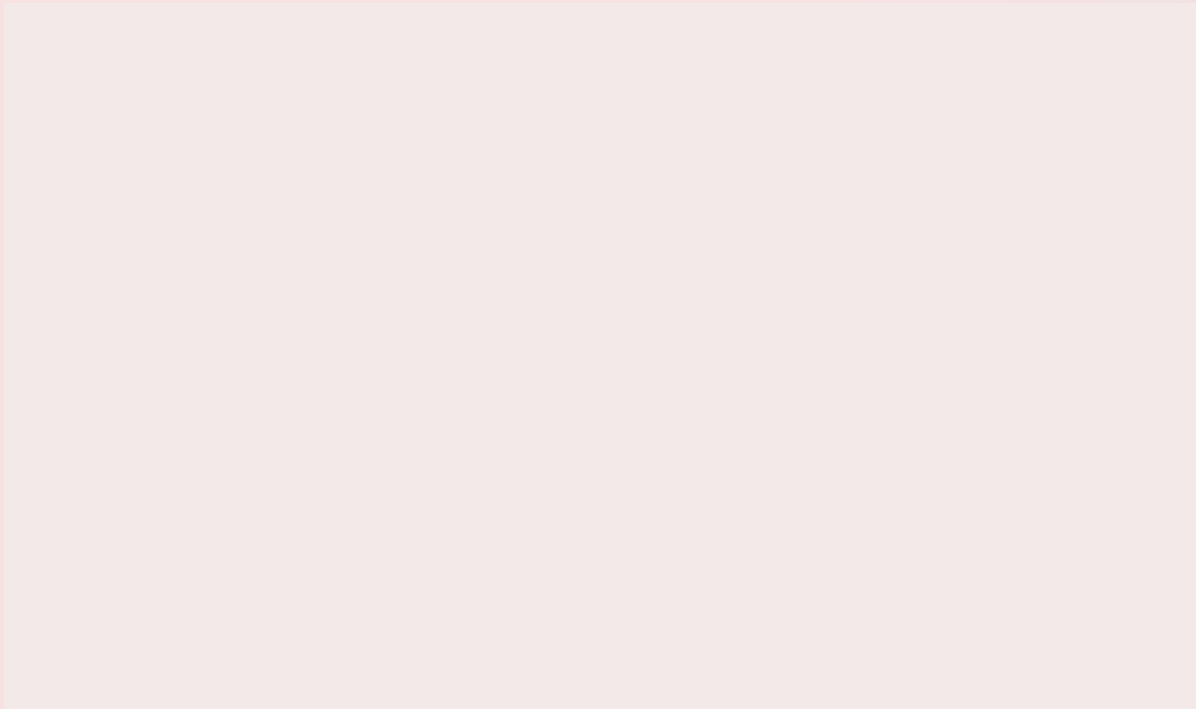
In what ways does my body inform me that I'm being true to myself?



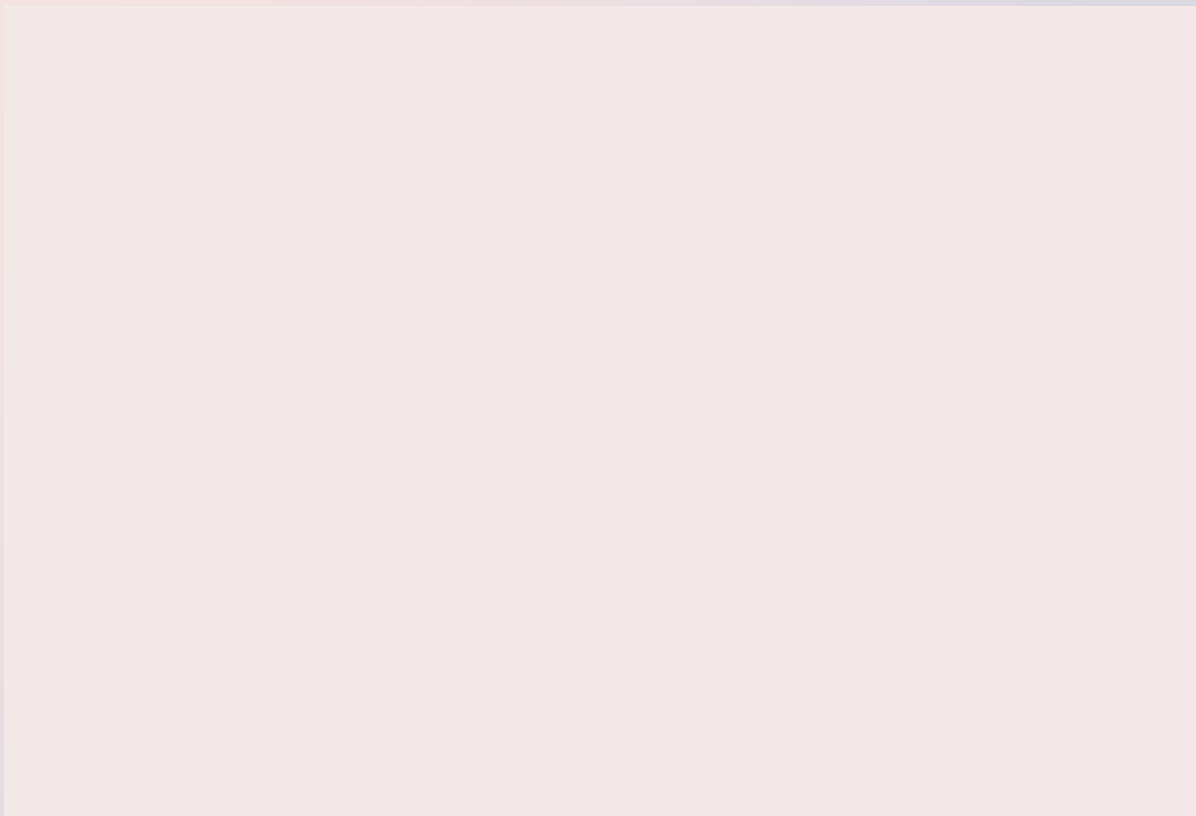
The emotions that I feel most / least connected to are: (list both)



List 4-5 **core desired feelings** (emotions/experiences) that you want for your life. List how you will take action to incorporate each one:



Boundaries I will set (or ease) that will allow me to fully **embody my truth** so that my core desired feelings are realized:



WHAT IS THIS *feeling?*

Putting a name to what we're feeling can be tricky, especially if it's unfamiliar or uncomfortable. When we pause to examine these expressions in our body, we come to an opportunity to fully embody - and resolve them.

Use these word banks as a starting point for the following pages, and maybe come up with your own as you go.

Sensations

achey	contracted	itchy	teary
airy	constricted	light	tender
blocked	disconnected	nauseous	thick
breathless	dizzy	nervey	throbbing
bruised	dull	numb	ticklish
bubbly	electric	open	tight
burning	expansive	pounding	tingling
buzzy	floating	prickly	trembling
calm	frozen	radiating	twisted
clenched	full	realxed	twitchy
closed	heavy	shakey	warm
cold	hollow	sore	weighted
congested	hot	stuck	zingy

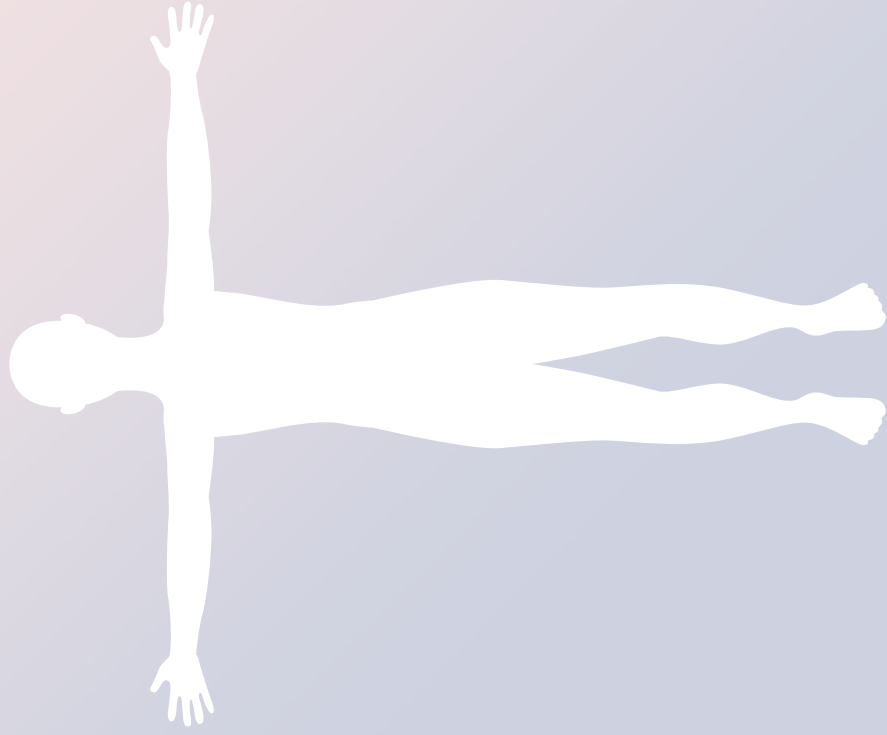
Emotions & Experiences

admiration	disgust	happy	pleased
amused	depressed	hatred	pity
anger	desire	joy	sadness
annoyed	envy	love	satisfied
anxiety	excited	lonely	shame
apathy	frustrated	nervous	shy
awe	grateful	nostalgia	tired

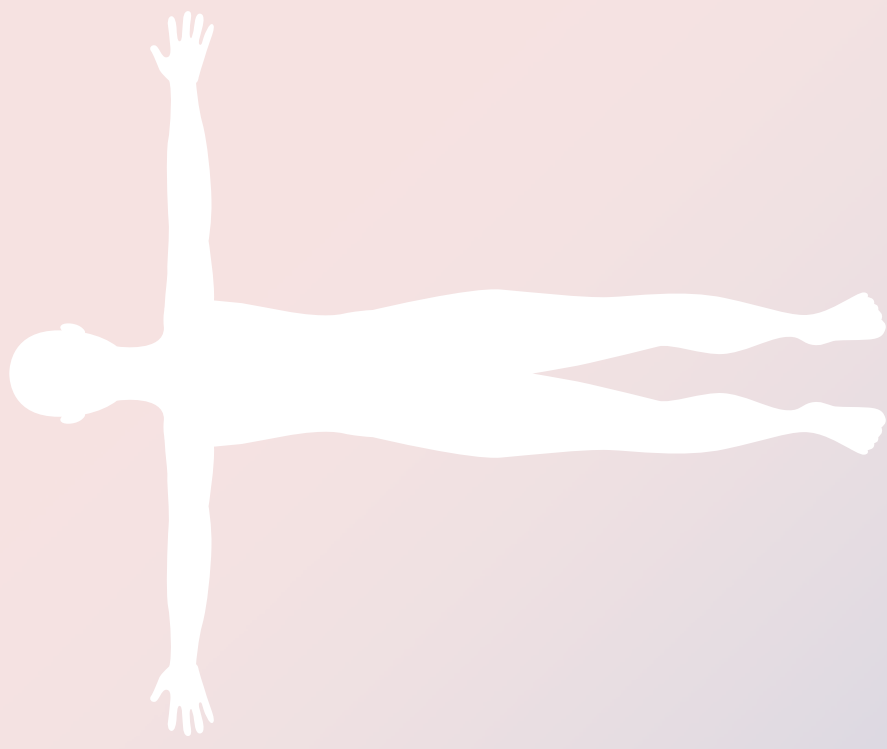
MAPPING *the body*

I invite you to use this page to explore what you notice in your body - using sensations, words, colors, images, stories, etc... You may wish to print this or import to a processor that lets you free-style with color and script.

FRONT



BACK



TRACKING

my body

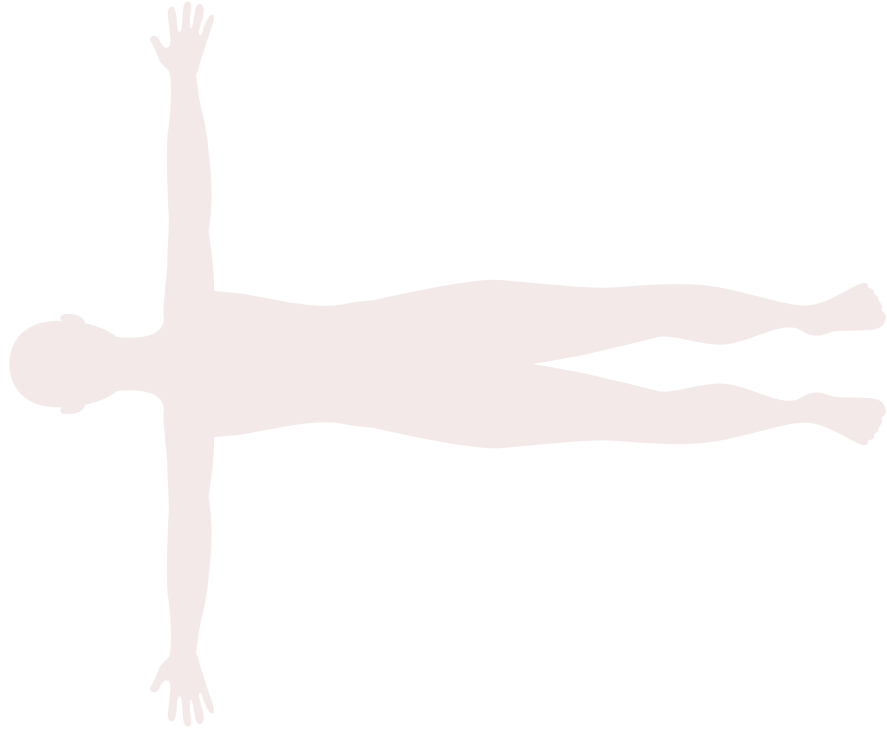
Allow this tracker to support your curiosity. Follow along each day with what's present for you, or with the specific body part/area that we're working on in session each week.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What I noticed in my body (or specific area of interest)							
Emotions I felt today...							
What triggered me today							
What was helpful							

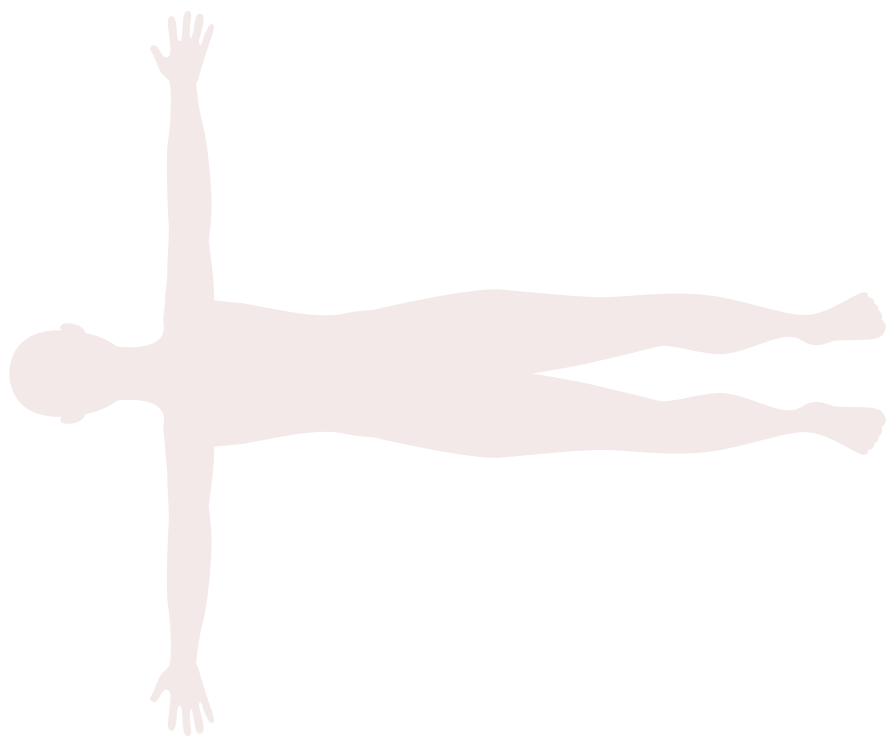
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Maria Noe