

SOUL HUNTING

A PRACTICE IN AWARENESS

BODY

What I ate today:

Breakfast: _____

In between: _____

Lunch: _____

In between: _____

Dinner: _____

Before bed: _____

Exercise I did today: _____

My body hurt (where): _____ When I: _____

How I felt overall today physically: _____

Physical energy crashes I experienced today: _____ When: _____

MIND

Negative thoughts and internal dialogue I had today:

About What

Why

What I did about the negative thought(s):

I felt like a victim/powerless today:

When

Why

Did you watch any T.V.? Y__ N__ What were the programs about? _____

Was there laughter, fear, worry, love, etc in the shows? _____

EMOTION Did you experience any relationship conflicts today? Y__ N__ Anything similar to past conflicts? Y__ N__

My emotions today were:

SPIRIT Did you pray or meditate today? Y__ N__

I felt disconnected today

When: _____

Why: _____

When: _____

Why: _____

Did you take time today to listen, read, or watch something with a positive uplifting message? Y__ N__

