

LISTEN TO THE SUBTLETIES IN YOUR FEELINGS

Your body holds the clues to the blueprint of your best life.

Let's take a look at what may be in the way of you feeling the subtleties of your own wisdom as it is expressed in your own body.

Place a tick on the line next to each statement below that you would say is true about you.

‘LYBL INACTION’	
Are Your Hearing Your Feelings?	
I work more than 70% of my day	
I exercise fewer than 3 times a week	
I live on the edge financially	
I have great conflict in some of my relationships	
I drink more than one caffeinated beverage per day	
I'd like more quality time with my family	
I need more space in my home	
Emotional issues often get in my way	
I have outstanding bills and paperwork	
People always depend on me	
I abuse alcohol and / or drugs	
I have strained personal relationships	
My work environment impedes productivity	
I wish for a more satisfying life	
I engage in fun activity fewer than twice a week	
I have more than my share of problems	
I overpromise my time and what I can accomplish	
I am self-conscious about my appearance	

