

Mind/Body Connection Journal

The Facts	Physical Sensations	Thoughts/ Emotions/Feelings	What are your "TELLS"?	What is a potential PLAN?

After filling out the Mind/Body Connection Journal Answer the Following Questions

1. What experiences did you notice the most easily (physical sensations or emotions)?

2. How did you experience your emotions? How did your physical sensations connect with your emotions?

3. How do you think this practice could help you in your professional life? Personal life?