

Moving Towards Wellbeing

Awareness. Insight. Connection. Purpose.

CURRENT CHALLENGE

Consider and describe a current challenge you are facing.

PERCEPTUAL AWARENESS

What is my mind/intellect telling me about this challenge? How does it appear to people with whom I work? What is their perception of it?

SOMATIC AWARENESS

What does having this challenge feel like in my body? What is my body telling me about it? What insight into myself do I have because of this challenge?

RELATIONAL AWARENESS

What is this challenge doing to my relationships? How is it affecting them? How is this challenge affecting my connection to the world?

ASPIRATIONAL AWARENESS

What aspirations are being hindered by this challenge? What aspirations are being supported by it?