

# Tracking My Body

Pick a part of your body you want to learn more about or connect with. It may be a part that carries tension, causes discomfort or you are disconnected from.

My body part I want to work with is:

The way I view my whole body is:

Complete the attached chart for 5 days & answer these follow up questions

What has changed ?

How do you feel about this part now?

What new discoveries did you make?

Make a new statement about this body part today