

# Week 3's Action Steps

## **Release, Restore and Awaken**

1. Journal: What state are you living in more often than not
  2. How connected are you to your body and your sensations?
  3. Start naming the sensations/emotions. Bonus tie it to the thought. Where do they land in the physical body. Be specific.
  4. Journal what triggers you
  - 4.a. Journal: Where am I reacting disproportionate to the situation
  5. Be present
  6. Feel all the feels
  7. Become aware of the fatal flow of me and my story. What past stories or beliefs are you addicted or attached to, potentially that are tied to deep emotional wounds.
- \*\*give yourself 3 times to tell the 'story'**

### **Other Action Items:**

- \*Keep practicing daily meditations, this is about frequency and where you are vibrating at**
- \*Purchase the book: Mood cure. the power of herbs and neurotransmitters**