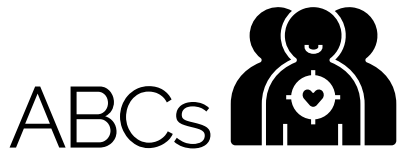




ABCs PROCESS WORKSHEET

Centered + Intuitive + Mindfulness
MASTER COACHING PROCESS

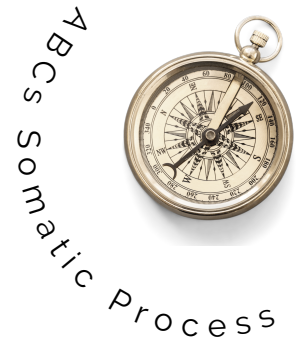
InnerLifeSkills



ABCs

Somatic Insight Awareness

We invite you to experiment with curiosity to explore how by using a simple shift of attention to be more somatically aware (body awareness) of what inner resources you access.



INSIGHTS

Seeing & Being

ATTENTION ON THOUGHTS ABOVE SHOULDERS

Notice how it feels..
What are you aware of?

What's different?

How do you speak?

How do you listen?

How do you relate?

What happens to your intuition?

ABCs ATTENTION ON THE CENTRE OF YOUR BODY

Notice how it feels..
What are you aware of?

What's different?

How do you speak?

How do you listen?

How do you relate?

What happens to your intuition?

EXPLORATIONS:

How might you use ABCs in your life?

What benefits can you think of for using ABCs?

How can you remind yourself to use the ABCs?

By working with the ABCs what occurs to you?