



NC

Wisdom in the Whirlwind

Day 1



Surveying the Landscape

Today's exercise, like all the other exercises in this course needs, to take place in a treasured notebook, journal or online file that you're feel happy to return to. Make sure you have a bit of space and quiet to complete it but you can spend as much or as little time as you think necessary to get your words onto the page in way that makes sense to you.

Before a shift of any kind, it's important to recognise where we are and where we want to be, to see the gap between the reality we are experiencing and the reality we want to experience.

These exercises are meant to be gentle exercises and they are designed to help you tune in to your current situation in a gentle way, in a non-judgemental way. This not an attempt to add to any overwhelm you may be feeling and so it is important that in the stream of things that may come up as you write, that you breathe deep, sip tea or water and be a good friend to yourself in the moment.

In today's exercise I would like you to survey your current situation, taking stock of a number of areas in your life and just writing out an objective take on what's going on for you RIGHT NOW.

I love to free write, and so if free writing is your thing then you can use the questions below to help guide you through ideas or impressions as they arise for you.

If you are time pressed (and let's face it who of us isn't?), then use the questions below to capture your objective summary of your current situation.

Remember, no judgement, no fear just kindness and trusting that what you need to write will be perfect.



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The Current Situation

1. **LOVE.** Who do you love? How is your intimate world?
2. **RELATIONSHIPS.** How are your relationships with family or friends?
3. **MONEY.** How do you feel about money right now?
4. **TIME.** Do you have enough of it? Is it well managed?
5. **WORK.** What do you love about work? What challenges do you have with work?
6. **SELF TALK.** How do you talk about yourself? What is your mind chatter like?
7. **BODY.** How do you feel about your body? How well is your body?
8. **SELF CARE.** How well are you looking after yourself? How are you taking care of your mental health?
9. **HABITS.** Do you have any habits, addictions or patterns that hold you back?

Self Care Action Step:

Now, make some tea, go for a walk, have a snooze, have a bath, do whatever you need to be a friend to yourself.