30-DAY DAILY REVIEW

WHAT DID I LEARN ABOUT MY BODY TODAY?

At the end of each day, think back and notice what your body taught you. You do not need to review everything. Choose one thing that stood out.

WHAT TO REVIEW

TENSION - Where did tension appear or disappear?

BREATHING - When was breathing easy? When did you hold or restrict it?

STRUCTURE - When did your body feel supported, compressed, grounded, or poorly organized?

MOVEMENT - What movement helped? What did not feel right?

STILLNESS - Did slowing down, resting, or holding a position change something?

ENERGY - What gave you energy? What depleted you?

DAILY LIFE - What did you notice while sitting, standing, walking, driving, working, or using your phone?

RESPONSE - What did you do that actually made your body feel different?

ONE OBSERVATION IS ENOUGH. The goal is not to judge the day. The goal is to learn from it.

DAY 1

What did I notice, and what can I learn from it?

DAY 2

What did I notice, and what can I learn from it?

DAY 3

What did I notice, and what can I learn from it?

DAY 4

What did I notice, and what can I learn from it?

DAY 5

What did I notice, and what can I learn from it?

DAY 6

What did I notice, and what can I learn from it?

DAY 7

What did I notice, and what can I learn from it?

DAY 8

What did I notice, and what can I learn from it?

DAY 9

What did I notice, and what can I learn from it?

DAY 10

What did I notice, and what can I learn from it?

DAY 11

What did I notice, and what can I learn from it?

DAY 12

What did I notice, and what can I learn from it?

DAY 13

What did I notice, and what can I learn from it?

DAY 14

What did I notice, and what can I learn from it?

DAY 15

What did I notice, and what can I learn from it?

DAY 16

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DAY 17

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DAY 18

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DAY 19

What did I notice, and what can I learn from it?

DAY 20

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DAY 21

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DAY 22

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DAY 23

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DAY 24

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DAY 25

What did I notice, and what can I learn from it?

DAY 26

What did I notice, and what can I learn from it?

DAY 27

What did I notice, and what can I learn from it?

DAY 28

What did I notice, and what can I learn from it?

DAY 29

What did I notice, and what can I learn from it?

DAY 30

What did I notice, and what can I learn from it?