30-DAY BODY JOURNAL

NOTICE. CHOOSE. ADJUST. FEEL AGAIN.

A simple daily practice of listening to your body.

This journal is not a test and it is not an exercise checklist.
Use it to notice patterns, choose what your body needs, and learn from the response.

MORNING - Check in. How do I feel? What do I need?
DURING THE DAY - Invest in one or more of the Four Accounts.
EVENING - Feel again. What changed? What helped?

Keep it brief. One or two words are enough. The goal is awareness, not perfection.

THE FOUR ACCOUNTS

DAILY ESSENTIALS
Simple actions that support the body every day.

BODY MAINTENANCE
Flower. Weather Vane. Compass.

SELF-REGULATION
Notice your state and choose: Restore, Recalibrate, Develop, or Neutral.

IN EVERY WAY OF BEING
Bring awareness into sitting, standing, walking, driving, and daily life.

THE DAILY FORMULA

NOTICE > CHOOSE > ADJUST > FEEL AGAIN

DAY 1

DAILY BODY CHECK-IN

MORNING - NOTICE

How do I feel right now?

☐ CALM ☐ TIRED ☐ ENERGIZED ☐ TENSE ☐ HEAVY ☐ CLEAR

BREATH ☐ EASY ☐ RESTRICTED ☐ NOT SURE

TENSION ☐ LOW ☐ MODERATE ☐ HIGH

CHOOSE - WHAT DO I NEED?

☐ RESTORE ☐ RECALIBRATE ☐ DEVELOP ☐ NEUTRAL

WHAT IS MY BODY TELLING ME?

TODAY - WHERE DID I INVEST?

☐ DAILY ESSENTIALS ☐ BODY MAINTENANCE ☐ SELF-REGULATION ☐ IN EVERY WAY

EVENING - FEEL AGAIN

Compared with this morning, I feel:

☐ BETTER ☐ ABOUT THE SAME ☐ MORE CHALLENGED

WHAT HELPED TODAY?

One small observation is enough.

DAY 2

DAILY BODY CHECK-IN

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30-DAY REVIEW

WHAT DID I LEARN FROM MY BODY?

WHAT CHANGED IN THE WAY MY BODY FEELS?

WHAT PATTERNS DID I NOTICE IN MY TENSION, BREATHING, ENERGY, OR POSTURE?

WHICH PRACTICES HELPED ME MOST?

WHICH MODE DID I NEED MOST OFTEN: RESTORE, RECALIBRATE, DEVELOP, OR NEUTRAL?

WHERE DID I INVEST MOST CONSISTENTLY?

WHAT IS ONE THING I WANT TO CARRY INTO THE NEXT 30 DAYS?

Notice what works. Keep what helps. Continue.