



Journaling Guide Week 6 Review:

Inquiry brings a potent experience of your favorite qualities!

1. Begin your day by asking a potent question about one the qualities you want to experience more of:

“I wonder how much beauty I can experience (or receive/savor) today?”

“I wonder how much ease I can experience in my yoga (any activity) today?”

“I wonder how much unconditional love (vitality, flexibility, clarity, freedom...)”

Write your own...

2. End your day with an inquiry review and integration:

“How have I received beauty today?”

“How have I nourished myself with joy today?”

“How much kindness have I allowed myself to give/receive today?”

Write your own...

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