

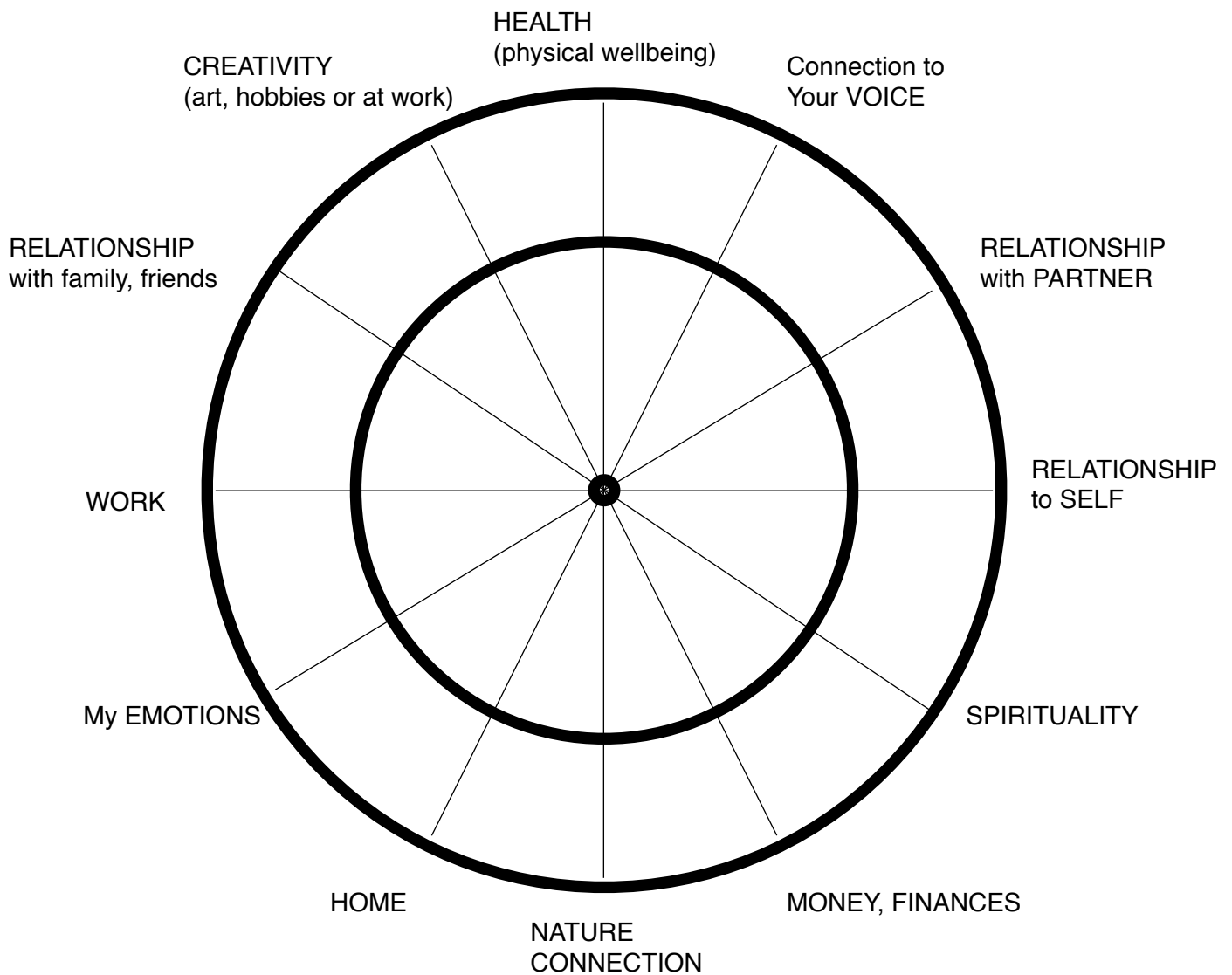
Week 1 exercises. Where are you at in life? -inner Temple-

From 0-10 (0=on the outside, not happy/satisfied; 10= on the inside, happy/satisfied) evaluate your current life situation.

Draw this into your journal or fill it out here on your computer with a colourful dot.

Take a screenshot or take a photo from your journal and post it to our FB Inner Temple group.

CIRCLE DIAGRAM, SELF EVALUATION, BIRD'S EYE VIEW



Week 1 exercises. Where are you at in life? -inner Temple-

Here are all the categories:

(same as Circle diagram, but simply linear, to one or the other)

HEALTH (physical wellbeing):

CREATIVITY (art, hobbies or at work):

Connection to your VOICE:

RELATIONSHIP with PARTNER:

RELATIONSHIP with family, friends:

RELATIONSHIP to SELF:

WORK:

SPIRITUALITY

My EMOTIONS

HOME:

MONEY, FINANCES:

NATURE CONNECTION:

### **OTHER QUESTIONS:**

- Your Milestones (memorable moments of your life):

- Who am I? (simply write, stream of consciousness, without thinking)

Few more questions:

- How do you feel waking up generally?

(Excited? Happy? Heavy? Depressed? Numb? ... taking some moments to reflect and write down)

- How do you feel at the end of the day most of the time, when you go to bed?

- Is there a main thought that keeps you up at night? A reoccurring internal conversation? What is it about?