

## 4 states of being

These can be related to body/  
mind/energy/life (or spirit or soul..)

## Meditation & ritual

What is my meditation practice I  
use regularly? Mindfulness tools?  
What are my rituals and ways of  
prayer and devotion?

## Energy / emotions

Commitments  
Breathing practices  
Emotions and self-regulations  
Moon cycle mapping

## Body

Movement etc.  
Food & hydration  
Rest

## Embodied dreaming

What are the actual moments and  
experiences your are growing into?

## Support

Who is my support team (friends  
and/or professionals)?

<< ----- MIND ----- >>

<< -- Energy -- >>

<< Body & support >>