

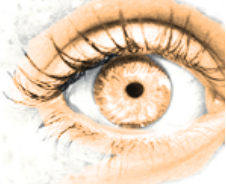
Inner Life Map

Date _____

THOUGHTS



OBSERVATIONS (The Facts about a particular situation)



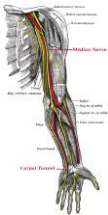
FEELINGS



HEART'S DESIRES / NEEDS / LONGINGS



PHYSICAL SENSATIONS *(feeling the physical sensations connected to the longing/ Feeling how this need lives in you)*



LISTENING TO THE HEART'S REQUESTS / PRAYER

Opening to hearing the requests of one's heart. Can be generated through asking, "Heart that longs for _____, is there anything I can do for you?"



CHOOSING / ACTING