

Spot-Check Inventory

Here is a way you may conduct a spot-check inventory of yourself at any time:

1. Tune in to your breathing at different times during the day. Feel your stomach go through one or two breaths; notice the rise and fall of your body cavity. Be aware of what you are physically feeling in your body.

2. Become aware of your thoughts and feelings at these moments. Observe them without judging yourself. What are you thinking and feeling?

3. What connections can you make between what has occurred during this day, or previously, that may have caused these feelings and thoughts to arise?

4. Are there any changes you would like to make to your thoughts and behaviors as you go on with your day?
