



Reflection Exercise

See: "It's Soul Time" Blog Article

[Your Body: Loyal and Trustworthy Friend](#)

Your Body: Loyal and Trustworthy Friend

Weekly: Journal your reflections of the following questions:

- First Week: Apply to 'the past.'
- Following Weeks: Apply to 'today.'

1. When did you experience your body as a *loyal and trustworthy friend*? [Ex. As a child, success with a physical challenge or as an adult, when a 'gut feeling' supported you].
2. What was the circumstance?
3. In what way did your body prove to be a *loyal & trustworthy friend*?
4. What did you sense in your body?
5. What did you feel emotionally?
6. What are you learning in doing this exercise?
7. What new action will you take from what you're learning?