

# Somatic Awareness

Practice deeper somatic awareness by using this worksheet to help explore the moments where you feel most at ease. At the end of each day, think about moments where you felt the most grounded and at ease. Record them in the worksheet below or in a separate journal.

Day/Time	Where are you?	What are you doing?	How do you feel?	Where in your body?
Monday/Evening	In bed, the lights are off, the T.V. is on creating a glow	Laying down watching T.V	Sleepy, cozy, relaxed, heavy	Back, neck, head, legs