



WEEKLY WELLBEING WISDOM

Date _____

Use this for your own purposes. If there is feedback you'd like to share, we always love hearing from you. Below are prompts to help capture your insights & wisdom.

What I noticed happen for me as we centered together is _____

What I noticed happen for me as we checked in & did the S.E.T. practice is _____

What I noticed happen for me during the self study of sensation is _____

What I feel may be relevant to my wellbeing around the topic of self-empowerment is _____

What I noticed happen for me during the empowerment demo is _____

What I realized during the group share / breakout group is _____

What self-empowerment tools did you decide to add to your toolkit moving forward & what time of the day could you practice with them?

Overall, what I took from this group experience is _____

During the short closing gratitude I experienced _____