



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 5 senses grounding practice is _____

What I feel might be important to my wellbeing around the topic of self-regulation is

What I noticed happen for me during the guided practice is _____

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

What self-regulation tool did you decide would be useful to experiment with this week & what time of the day did you think would be a good time to practice with it?

Overall, what I took from this group experience is _____

During the mediation I experienced _____
