



I AM

FLOWER BUDS
I AM SORRY

LEAVES & STEMS
THANK YOU

SEEDLING HUMBLENESS
PLEASE FORGIVE ME

SEEDS OF LOVE
I LOVE YOU

**BELIEVE IN WHAT
YOU KNOW. TU, SAI**

FROM SEED TO FLOWER



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QUESTIONS TO BOOST & EMPOWER YOUR DAY

TuSai Chamana Mindfulness
TuSai | Sciamana Urbana

1

WHAT AM I **HAPPY** ABOUT IN MY LIFE, TODAY AND RIGHT NOW?

- WHAT about that makes me happy?
- How does THAT make me feel?
- In which part of the body do I feel it the most?

2

WHAT AM I **EXCITED** ABOUT IN MY LIFE, TODAY AND RIGHT NOW?

- WHAT about that makes me excited?
- How does THAT make me feel?
- In which part of the body do I feel it?

3

WHAT AM I **PROUD** ABOUT IN MY LIFE, TODAY AND RIGHT NOW?

- WHAT about that makes me proud?
- How does THAT make me feel?
- In which part of the body do I feel it?

4

WHAT AM I **GRATEFUL** ABOUT IN MY LIFE, TODAY AND RIGHT NOW?

- WHAT about that makes me grateful?
- How does THAT make me feel?
- In which part of the body do I feel it?

5

WHAT AM I **ENJOYING** MOST IN MY LIFE, TODAY AND RIGHT NOW?

- WHAT about that do I enjoy?
- How does THAT make me feel?
- In which part of the body do I feel it?

6

WHAT AM I **COMMITTED** TO IN MY LIFE, TODAY AND RIGHT NOW?

- WHY am I committed to that?
- How does THAT make me feel?
- In which part of the body do I feel it?

7

WHOM DO I **LOVE** IN MY LIFE?

- What about that makes me feel loving?
- How does LOVING make me feel?
- In which part of the body do I feel it?

8

WHO **LOVES** ME?

- What about that makes me feel loving?
- How does BE LOVED and ALLOWING MYSELF TO RECEIVE LOVE make me feel?
- In which part of the body do I feel it?

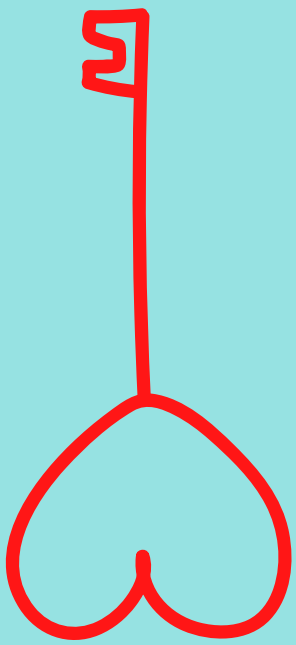
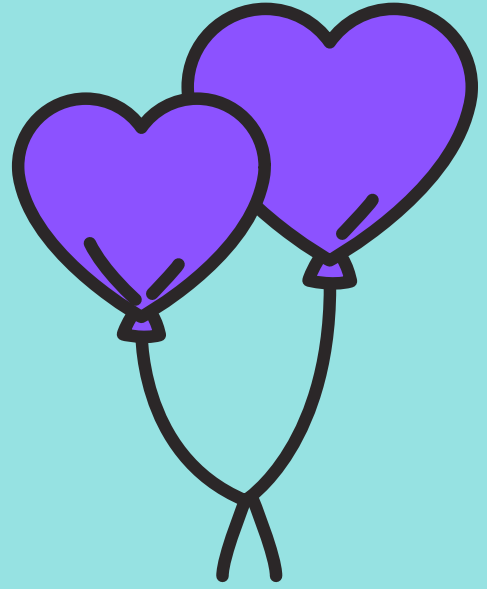


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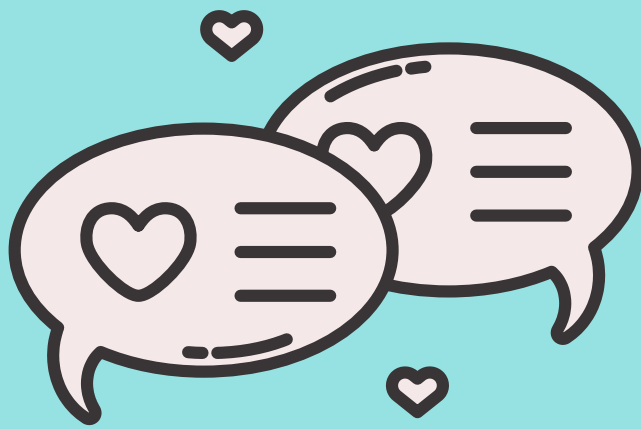


HOW CAN I MAKE
MYSELF FEEL
GOOD
TODAY?

HOW CAN I
IMPROVE MY
RELATIONSHIPS
TODAY?



WHAT IS
THE ONE THING
THAT I CAN DO
TODAY,
THAT WILL UNLOCK
MY MOOD AND SHIFT
MY LIFE FOR BETTER?



WHAT HELP OR
GUIDANCE CAN I ASK
FOR TODAY?

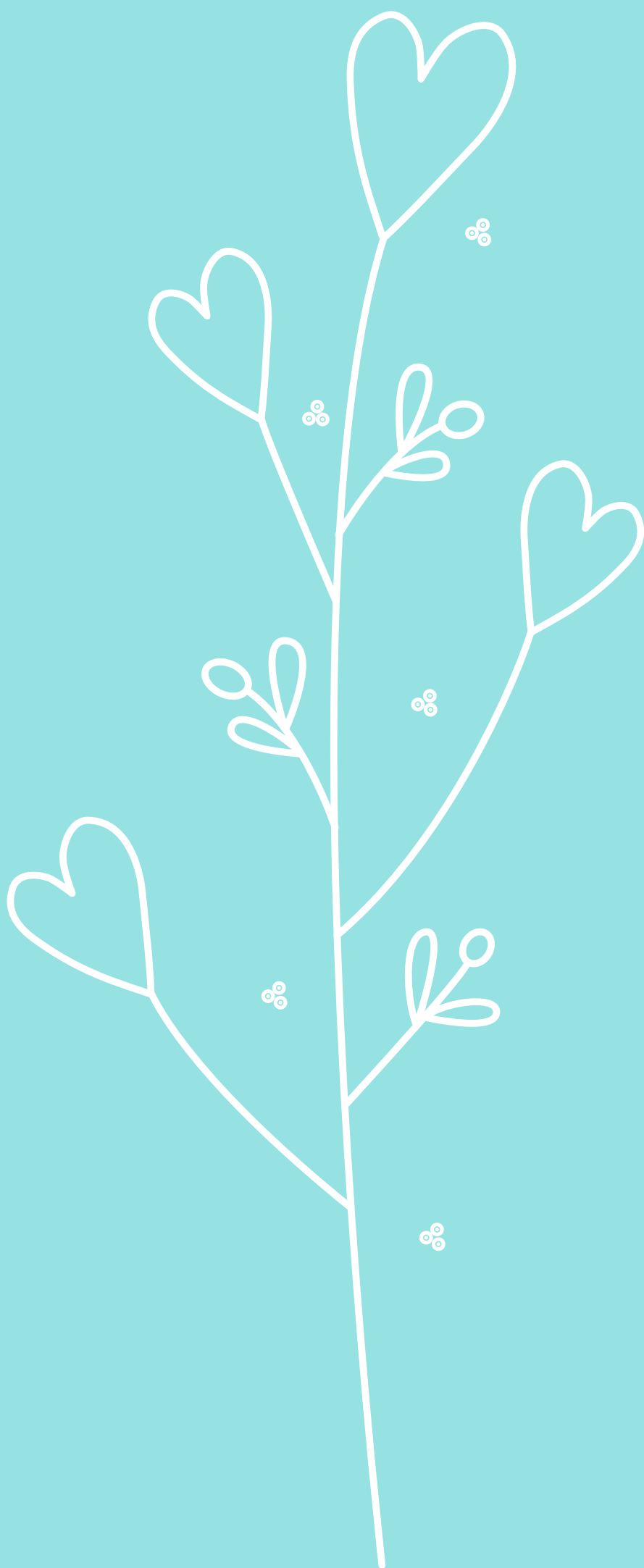
WHO AM I OPEN TO ASK
FOR IT?



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IF IT WAS THE LAST DAY OF MY LIFE

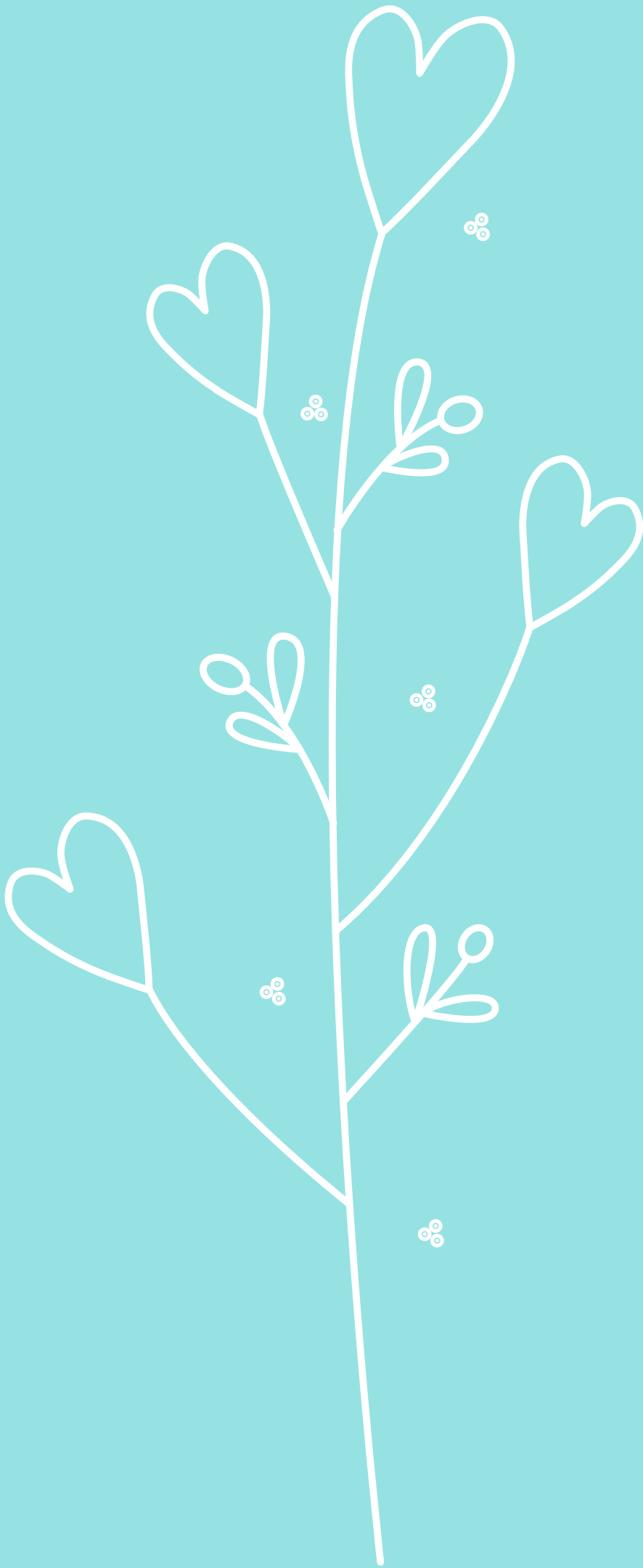
How would I live it?



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IF IT WAS THE LAST DAY OF MY LIFE

What would I love today,
to be remembered for?



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HOW CAN THIS CHANGE BE IMPLEMENTED?

This self-journaling is a conscious first step in planning a great future to come, by first realizing how amazing your life is.

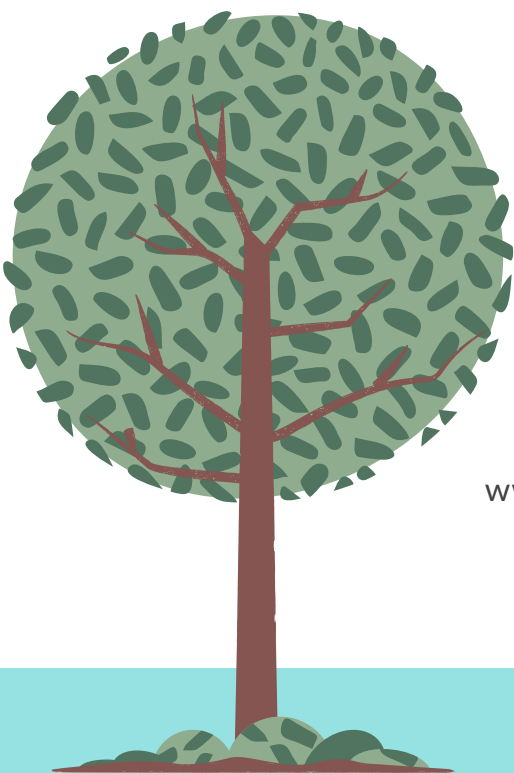
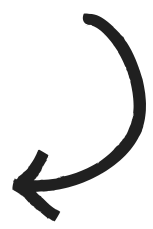
"A journey of a thousand miles begins with a single step" - Chinese Proverb

What to do next?

Share your results with TuSai via WhatsApp and schedule a 1-on-1 session to discover how to reach your goals through a personalized ROADMAP strategy.

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