



How does my body show it?

When your energy changes, what do you notice about yourself?

You can circle, point, draw an arrow, or write.

In my body

Eyes · head · breathing · hands · legs...



You can circle a body part, draw an arrow,
or add a word if you want to.

In my movements or voice

Movement · pace · volume...



When I pay attention

Listening · following an idea · focusing...





I don't know yet

I can come back to this later.

The signs I notice can change from day to day.