

Set the scene.
What am I seeing, hearing, touching, etc.?

What thoughts and feelings
showed up?
How were they manifesting
in my body?

Can I acknowledge and
express gratitude toward
myself here?

Observation Point

Why would doing that
be important to me?
Who else would it be
important to?

What are these
thoughts and feelings
trying to tell me?

Would I have done something
differently if I could have?
If so, what?

What did I do in that moment?
How did it work for me in the
short term? Long term?
Did it move me toward what matters?

How strongly pulled was I in
that moment?



What about right now?