

# R

## Recognize

Look inside yourself with a sense of curiosity.

What is happening inside me right now?

Any thoughts, feelings, memories, experiences?



# A

## Attune

Who is the person noticing this right now?

Come into contact with your sense of Self.

Notice that there is a You here now, capable of holding onto and being with this experience.



# I

## Investigate

What am I longing for in this moment?

What does this experience most need from me?

What are the benefits and consequences of being able to experience this?



# N

## Nurture

(my best self)

In this moment who & how do I want to be?

What qualities do I want to embody?

What words & actions could I be proud of?

Words: \_\_\_\_\_

Actions: \_\_\_\_\_

