

PHYSICAL HEALTH:
DAY BY DAY

PART IV



Worksheet 4

Set aside time each day to reflect on your physical wellbeing. This simple practice can help you become more attuned to your body's needs and recognize early signs of imbalance. Begin with a few moments of meditation, or use the Introspection Gateway to center yourself and awaken deeper receptivity.

NUTRITION. What did I eat today, and how did it affect my energy, mood, and digestion?

REST. How did I sleep last night, and how did I feel upon waking? What did I do to rouse my energy and get my brain working clearly?

MOVEMENT. What forms of physical exercise did I engage in today, and how did they influence my energy and mood?

DISCOMFORT. Where did I notice any pain, tension, or physical discomfort today? Were these symptoms recurring, or did they arise unexpectedly?

ACCIDENTS OR MISHAPS. Were there any accidents or physical mishaps that occurred today, even if they seemed minor? In what ways did each event affect my body and my emotional state? Aside from karma, what practical factors may have contributed—such as fatigue, haste, distraction, posture, or inattention? Is there a message here for me?

CHOICES. Which of my actions and decisions today supported my physical wellbeing, and which may have compromised it?

ENERGY. How was the level of my vital energy throughout the day? When did it feel strong, and when did it begin to wane? What did I do to restore it?

OTHER. Additional observations that feel important or deserve attention:



Set an hourly reminder on your phone or smartwatch: if you've been sitting, stand and stretch; if you've been on your feet, sit and breathe deeply. Even a brief change of position or a few deep breaths can restore clarity and energy.