

PHYSICAL HEALTH:
THIS WEEK IN PERSPECTIVE

PART IV



Worksheet 5

At the end of each week, look back over your daily journals and note the patterns that emerge. This overview helps you recognize what strengthens your vitality and what tends to drain it. You may begin to see how simple choices—what you eat, how you rest, and how you move—directly influence your overall wellbeing.

DIET. What choices did I make this week to support good health? Which choices were detrimental? Did any particular foods noticeably affect my energy, digestion, or mood?

EXERCISE. How often during the week did I exercise? What excuses did I make for not doing so? Which forms of activity left me feeling most alive?

REST. How regular were my sleep patterns? Did I awaken refreshed or sluggish most mornings, and what factors contributed? What can I do to improve my rest?

DISCOMFORT. What pains or discomforts were evident this week? Were they acute or chronic? What did I do this week to relieve them? Do these signals indicate the need for more rest, professional attention, lifestyle adjustment, or more consistent health habits?

ACCIDENTS OR PHYSICAL MISHAPS. Looking back over the week, were there any accidents or physical mishaps? How did they influence my physical confidence, energy, or emotional tone? Aside from karma, what recurring conditions or habits may have contributed? What adjustments might this pattern be asking me to make?

OTHER. Additional observations that feel important or deserve attention.



Identify one recurring symptom and take a concrete step toward relieving or eliminating it.

∞ INTERLUDE ∞



LISTENING TO THE BODY

Take a few moments now to relax and integrate what you have discovered from these evaluations. Let your body know that you will be attending to its needs more attentively now and in the future. Place your hands on any part of the body that is asking for attention and massage that area gently, bringing warmth and healing life force where it is most needed.

Close your session here or, if you feel ready, continue to the next chapter to explore the wellbeing of your mind.