

Mind Body Awareness Worksheet
(print as PDF to save entered fields)

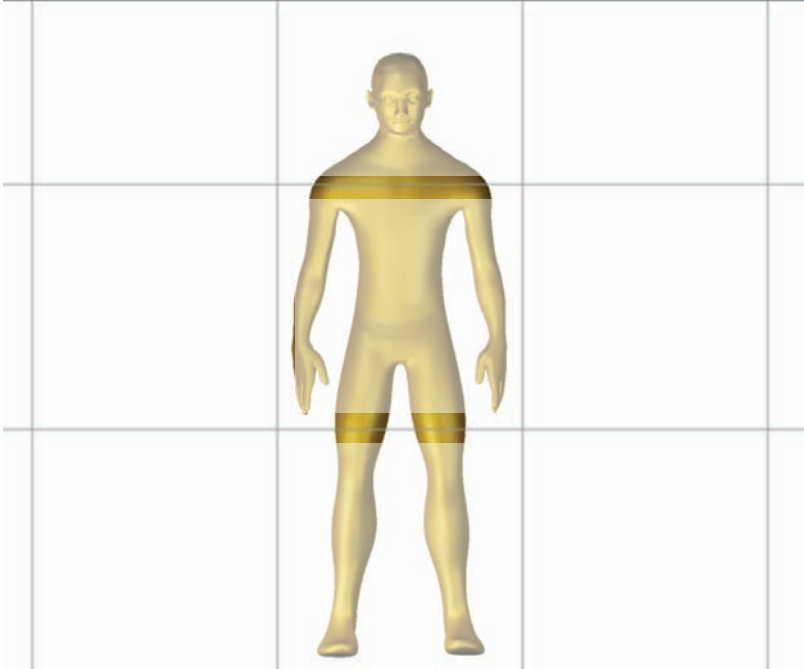
Name:

Time:

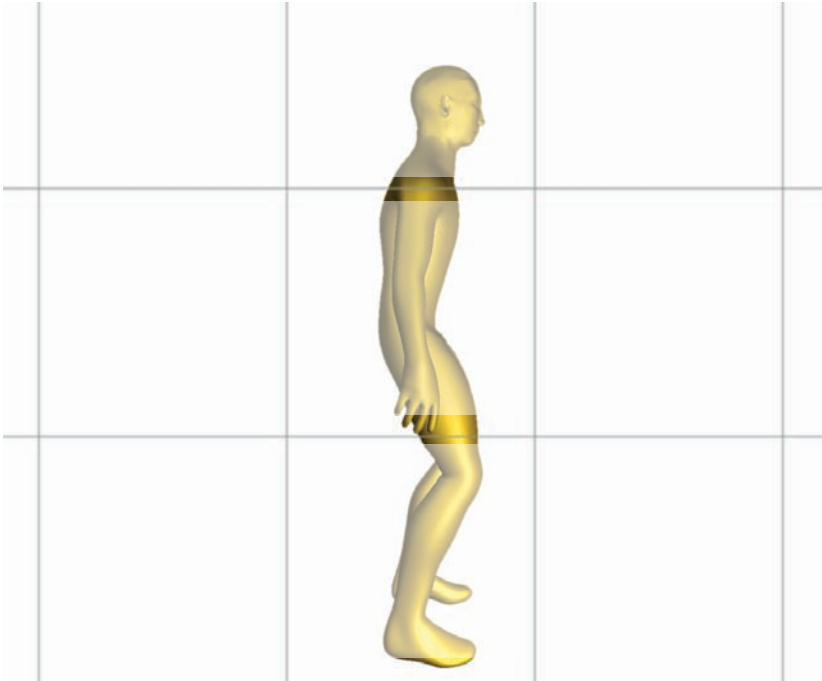
Circumstances:

What’s in My Spaces?

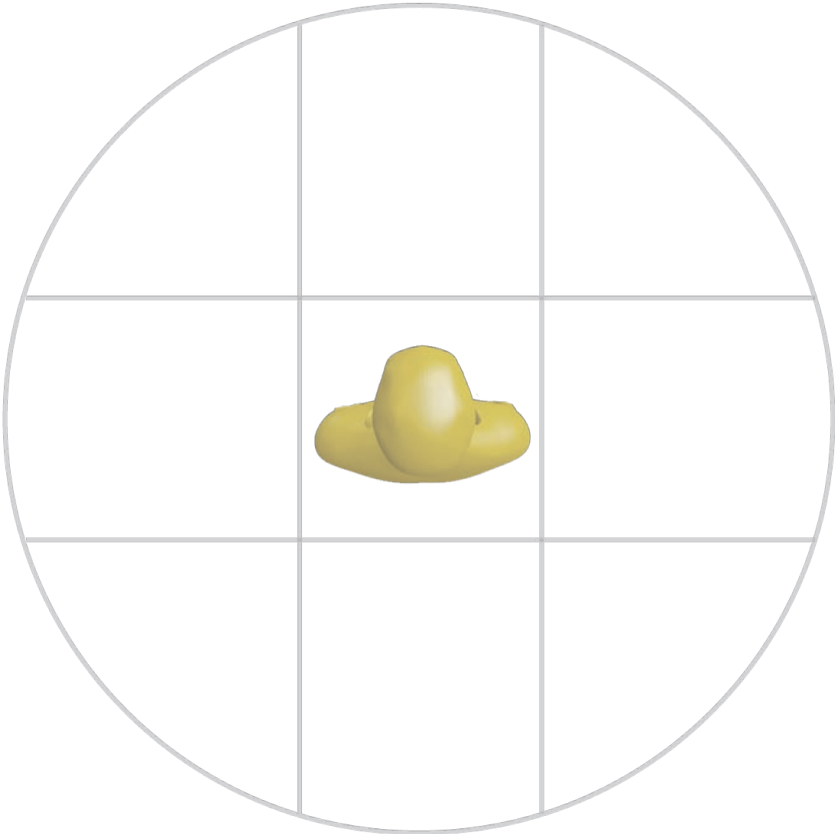
Mind Body Awareness Tool
Explore Your Space



Notes / Plan of Action



Notes / Plan of Action



Notes / Plan of Action