

Embracing Slowness

worksheet

1. What negative words do you associate with slowness? (Often we hold fears we didn't even know existed. Awareness is the first step towards transformation.)

2. What are some positive qualities or outcomes of slowing down? (These will probably be the flip side of those negative qualities!)

3. Refer to these positive qualities you just listed. Where in your days could you use MORE of these? (ex: i feel rushed in the morning)

4. What could you let go of to make the necessary space in your days for more of this slowness at this time? (ex: hitting the snooze button)

5. What activities would serve you better and invite more of these POSITIVE qualities in?

6. Create an affirmative statement for yourself:

I am willing to let go of _____ and do _____ instead in order to invite more _____ into my life.

Hang this up on your mirror, post it all over your house, set a reminder on your phone...whatever will help you to invite this transformation in daily!