



How's your energy ?

Living Questions
Awareness Practice

Feb 2023



What are living questions?

They are ones that don't have a fixed answer, they have many and can change depending on the moment in which you ask them.

The intention of them is to build the muscle to continuously sense and check in with yourself on these questions, especially the information that you receive as you answer them.

This will grow your self-awareness and self-inquiry as you gain more insight into your inner workings.



The practice

I invite you to journal daily on the following questions:

1. What **GAVE** you energy today?

- What context/environment were you in?
- How did it make you feel?

2. What **DRAINED** your energy today?

- What context/environment were you in?
- How did it make you feel?

Explore the emotional sensation as well as the physical sensation with each of the questions. Feel free to use descriptors such as temperature, colour, location of the sensation in your body, metaphors or even analogies to really dive into the sensation..



Enjoy the practice!

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