Mind-Body Scan Worksheet

1. **FIND A QUIET PLACE WITH NO DISTRACTIONS.**
   Sit or lie down. Set a timer for 5 minutes if you like.

2. **START AT THE TOP OF YOUR HEAD, AND SLOWLY GO DOWN TO YOUR TOES.**
   Notice all physical sensations: hot/cold, itchy, tense, etc. Observe, don’t judge.

3. **QUESTION 1:**
   What are you feeling, physically?
   
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4. **QUESTION 2:**
   What are you feeling, emotionally?
   
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5. **QUESTION 3:**
   What are you thinking?
   
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6. **QUESTION 4:**
   Based on this scan, what have you learned about yourself today?
   
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