

# Body Compass Worksheet

Think of a bad time/incident in your life. Really imagine it as if you are there.

What sensations are you feeling in your body?

Scan your whole body and describe it in detail: location, etc.

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On a scale of -10 to +10, how intense is this feeling? \_\_\_\_\_

Think of the best time/incident in your life.

What sensations are you feeling now?

Scan your whole body and describe it in detail: location, etc.

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On a scale of -10 to +10, how intense is this feeling? \_\_\_\_\_

The next time you are making a choice in your life, tune into your body and compare it to these two scans. The more your body sensations match your best time scan, DO THAT.

The more your body matches the sensation on the bad time list, steer away from it.

And if you have two choices that both seem good, go with the one that is closer to +10 in intensity.

Your body never lies.

