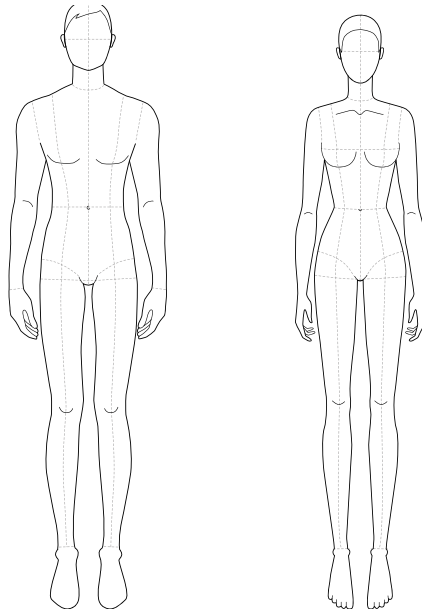


— BODY AWARENESS TEMPLATE —

Scan your body and note where you feel sensations (hot, cold, tight, achy, energized, loose, strong, etc.)

For a list of body sensations and body scanning tips, see the Quick Reference section of *The Chaos Antidote: Six-Week Mindfulness Workbook* or visit my website at aimeemorgan.com/TCAWorkbook for free PDF copies.

- I feel _____ in my _____.
(sensation) (place in body)
- Circle, color, design, sticker or paint the sensation where you feel it using the outline below.



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You've earned the "likes" and virtual high fives!

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