

# Journal : Full Body Inventory

Today's Date: \_\_\_\_\_

Quiet Time Start: \_\_\_\_\_ Quiet Time End: \_\_\_\_\_

Environment/Setting: \_\_\_\_\_



## Step 1: Ground and Breathe

Sit or lie down in a comfortable, quiet space. Close your eyes and take slow, deep breaths for 2-3 minutes.

*What did you notice during your breathing?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Step 2: Full Body Scan

Slowly scan your body from head to toe. Write down any of the following as you notice them:

*Aches, tension or chronic pain, health issues or discomfort, repeating symptoms.....*

Body Area	Observations (Pain, Tension, Issues)
Head / Scalp	
Eyes / Sinuses	
Jaw / Neck	
Shoulders / Arms	
Chest / Heart	
Stomach / Digestion	
Back / Spine	
Hips / Pelvis	
Legs / Knees	
Ankles / Feet	

## Step 2: Full Body Scan

Slowly scan your body from head to toe. Write down any of the following as you notice them:

*Aches, tension or chronic pain, health issues or discomfort, repeating symptoms.....*



### Step 3: Pattern Recognition

Are there recurring issues or patterns in your body?

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Have these areas been bothering you consistently?

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Yes

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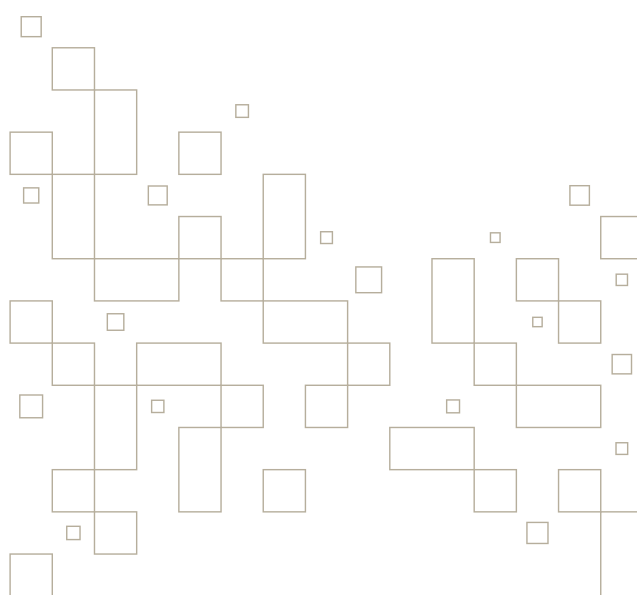
No

When did you first notice them?

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#### Step 4: Reflective Questions

Take a few minutes to answer the following prompts:

1. What have I been ignoring in my body?

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2. How is my physical health affecting my emotions or thoughts?

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3. What could this discomfort be trying to tell me?

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Note: There's no need to "fix" everything immediately. This is a practice in awareness, not judgment. The more you learn to listen, the more your body will speak with clarity. Be kind to yourself.

**See you in the next practice. Keep tuning in.**

