

Life Coaching *with* Asha Tarry

MINDFUL BODY AWARENESS INVENTORY

(use in conjunction with the Fiscal Inventory)

- **What am I realizing about this moment?**
- **What am I realizing about anything else at this moment?**
- **What am I realizing about what I am doing (mentally, physically, physiologically) at this moment?**
- **Am I holding onto anything at this moment?**
- **Is my mind chattering inside my head?**
- **Am I holding my breath?**
- **Am I noticing a lot at once? If so, can I name those observations?**
- **Are there any other perceptions I'm currently aware of?**