

WEEK OF _____

W.W.W.M.E

SUNDAY01

MONDAY02

TUESDAY03

WEDNESDAY04

THURSDAY05

FRIDAY06

SATURDAY07

NOTES

Instructions for your **www.me** ~~*Weekly World Wonder*~~worksheet.

Pick one of your five senses (seeing, hearing, smelling, tasting, touching) each day of the week. Imagine one of the SELF (safe experience of living freely) insights you have uncovered as it relates to the daily chosen sense.

For example:

Imagine self- compassion as you listen to your favorite calming music (hearing.)

On the other two days of the week, allow yourself to be open to any of the senses, or possibly your "sixth" sense of intuition. There is no right or wrong in this exercise. It is designed to get you out of your head and into your body sensations for deep levels of healing.

You can use the weekly calendar or your journal to note your experiences of feeling into the SELF (safe experience of living freely.).

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