



Hone Your Inner Compass

5 DAY CHALLENGE

Day 5 - Sit In Silence

1. What time can you commit to sitting in silence on a daily basis (even if only for 1 minute)?

2. What immediate resistant do you notice coming up? (Resistance usually shows up in the form of not wanting to do something, procrastinating, or coming up with excuses why you "can't".)

LISTEN + KNOW

What YOUR Body

Wants!

3. What was your experience with doing the guided audio meditation?

4. What thoughts repeatedly came up while you were sitting in silence (either during the guided meditation or when sitting in silence on your own)?

5. What after effects did you notice? (did you have a more positive outlook