**What Moves You?**

Over the next week, see if you can periodically “press the pause button” and notice if you are moving away from experiences you do not want to have or if you are moving towards something that is important to you. Once you notice whether you were moving toward or away, then see if you can notice *what* you were moving away from or *what* you were moving toward. The most important part of this exercise is the noticing, but you might also find it useful to reflect for a bit at the end of the day and write a bit about what you observed using the chart below.

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| **DAY** | **Today, I moved AWAY from**(e.g., anxiety, anger, sadness…) | **Today, I moved TOWARD**(e.g., family, love, creativity…) |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |
| Monday |  |  |