

#13 The 3-minute stop day

Set an alarm to do four x 3-minute stops today, about every 3-4 hours.

Write a few words about how each one felt.

Scheduled time -----

Scheduled time -----

What came up

What came up

Scheduled time -----

Scheduled time -----

What came up

What came up

You don't have to do this every day, but dedicating a day now and again is a great way of checking in with yourself about where you are mentally. Give it a try.

