

WEEK TWO

Reconnect with Your Inner Wisdom

“Your body is a wonderful, wonderful source of information – information that no one else in the world can give you. Your therapist can’t do it, your body worker can’t do it. Your body is an expert on you. She or he has more information to give you about yourself than anyone or anything else in the world.”

KATHLEEN DESMAISONS, PH.D.
AND AUTHOR OF POTATOES NOT PROZAC

This week your daily action will be to reconnect with your inner knowing by getting in touch with your body. Sometimes we become so unaware of what is going on within our bodies that we ignore the signals they’re trying to send. These signals contain valuable information to assist us in understanding if something is adding to our energy or depleting it.

I’m reminded of a short promotional video from the organization **Go Red for Women** called *Just a Little Heart Attack*. It stars and was directed by Emmy-nominated Elizabeth Banks and it’s a smart, if somewhat uncomfortable, clip of a morning in one busy woman’s life. In it she continues to ignore all of the signals that her body is

sending her that she needs to slow down until she finds herself on the floor, calling 9-1-1 to say she thinks she had “just a little heart attack.”

There are a variety of reasons why we disconnect from our bodies, perhaps as many as there are women. Our mission this week is to reconnect with this most glorious vehicle that gets us around on planet earth. At bedtime, right before you end your day, tune into your body. See if there is a situation that applies to the scenarios below. If so, bring that situation back into your mind and put yourself into the feeling place of it, as if you’re reliving the experience.

Then, answer the questions on the following pages. Remember to be specific. This will become a daily habit as well for the remaining portion of your **30 days**.

Before you start your week, I highly recommend watching the video yourself. It will deepen your understanding of what ignoring your body signals can look like in daily life and you’ll find the link at www.christidaniels.com/goodies.

Track your progress with Daily Check-ins

Week Two	8	9	10	11	12	13	14
Power Pose & Walk							
Gratitude							
Body Check-in							

Answer these questions for your Daily Body Check-ins

When did you say, think, agree or do something even though you felt inside that you wanted something else for yourself?	What sensations did you notice in your body when this happened?
When did you say, think, agree or do something that was good for you, but disappointed someone else?	What sensations did you notice in your body when this happened?
When did you stay in integrity on the outside and the inside, and it felt good?	What sensations did you notice in your body when this happened?
What are you noticing overall about your body's 'no' sensations?	What are you noticing overall about your body's 'yes' sensations?