

GET CURIOUS

# THOUGHT OBSERVATION

Your thoughts are a happening thing, they're always with you. Your mind is constantly observing, commenting, processing & storing information based on feelings versus facts.

Learn how to communicate with yourself using curiosity.  
Move through life with more understanding + ease.

1. A thought I observed...  
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2. What feelings did it create?  
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3. A question I can ask myself to know more..  
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4. Allow vulnerability + honesty in to explore  
the thought-feeling connection..  
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5. How can I move with + through what I've observed..  
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1. A thought I observed...

Wouldn't it be nice if outside my window was San Francisco.. the city vibes, trees, interesting people, ocean so close by...

2. What feelings did it create?

wishing I was somewhere else. thinking & believing that somewhere else is better than where I am. thinking & believing I'd be happier or feel better being somewhere else.

3. A question I can ask myself to know more...

Wouldn't I feel that way even if I was in San Francisco., or anywhere, for that matter?

If I was in SanFran, maybe I'd wish I was home with family, or in another country, or camping in the mountains.....

4. Allow vulnerability + honesty in to explore the thought-feeling connection...

Maybe it's an observation that I have a longing to experience other, and new things. Maybe I'm feeling nostalgia from when I used to live in Northern California. Maybe it's some escapism when X,Y,Z feels overwhelming.

5. How can I move with + through what I've observed...

I can be compassionate with myself, and feel / practice gratitude for where I am.

I can hold my heart's longing with understanding & sweetness.

I can clean my room / house, and text a friend.

I can start to save for a trip / adventure.

I can remember that longing is a part of life, and I have a thirst for adventure, so these feelings might always be a part of me.