

# Mind-Body Scan Worksheet

**1.** FIND A QUIET PLACE WITH NO DISTRACTIONS.  
Sit or lie down. Set a timer for 5 minutes if you like.

**2.** START AT THE TOP OF YOUR HEAD, AND SLOWLY GO DOWN TO YOUR TOES.  
Notice all physical sensations: hot/cold, itchy, tense, etc. Observe, don't judge.

**3.** QUESTION 1:  
What are you feeling, physically?

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**4.** QUESTION 2:  
What are you feeling, emotionally?

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**5.** QUESTION 3:  
What are you thinking?

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**6.** QUESTION 4:  
Based on this scan, what have you learned about yourself today?

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