

Identifying Your Inner Resource Worksheet

Your Inner Resource is a unique place that mentally feels comfortable and secure to you. It can be imaginary or real. You may return to it at any time during your practice or in daily life. You can use it to help you fall asleep at night or draw upon it in times of uncertainty or stress. Keep this worksheet and add to it as your mental image of this place naturally evolves in your mind. The more details you can add to your Inner Resource and the more you try to use it, the more helpful it will be.

1. Bring to mind places, people and activities that make you feel calm, happy, nourished and good overall. Write these down:

2. Choose one from above that feels particularly strong for you and write it down:

3. Add as much detail as possible:

Visual image:

Smells, touch, taste, sound:

Feelings or emotions:

Word or phrases:

Body Sensation or energetic experience:
