

What are the FACTS about your body? These are things you can empirically prove with data.

height _____
shoe size _____
eye color _____
hair color _____
weight _____
waist circumference _____
age _____
diagnosed medical conditions _____

What are your thoughts about these facts? What do you tend to make them mean? Refer to your brain dump if you need to.

height _____
shoe size _____
eye color _____
hair color _____
weight _____
waist circumference _____
age _____
diagnosed medical conditions _____

Choose 4 of these facts and put them in the circumstance line of a the Self Coaching Model. Refer to the “How to Coach Yourself” reference sheet linked to under this worksheet.

C:	C:
T:	T:
F:	F:
A:	A:
R:	R:

C:
T:
F:
A:
R:

C:
T:
F:
A:
R:

Look at the thoughts about the facts of your body. Are they so ingrained in your mind that they are beliefs? What does it feel like to live with those beliefs? Where do you think those beliefs came from?

How does this quote from Chogyam Trunpa apply to your body?
“As long as we’re trying to figure out how we can escape from our present situation we can’t notice much about it. Only when we feel that “this is it, this is how it is right now” without any clutching toward something different will our intelligence really come alive.”
-Chogyam Trunpa
