



*Chapter 5*

## THE TOOLS

1.

*What are your goals? Are they clear? Describe them.  
Can you feel them? How do you feel when you envision them?*

2.

*What does your body like? What does it need?  
What makes it feel good? What gives your body the most energy?*

3.

*What can you commit to practice everyday and for how long?*

4.

*When you are stuck (mentally, emotionally or physically), what methods could you use to break free or cause a shift?*

5.

*What are your wildest ideas, your biggest dreams, no matter how strange, unlikely or fanciful?*