



LIVE WELL

VIRTUAL SUMMIT

Art of Self Care with Zoe Bowman **Reflection Questions**

1. What have you come through to be here today/
2. What do you notice?
3. Where did your mind go?
4. Does this image stir up any feelings?
5. How do the 3 self check-ins interact on the page?
6. Which check-in was the most comfortable to do?
7. Which check-in was the least comfortable to do?
8. What are you moving into next?
9. What do you notice?
10. Where did your mind go?
11. Does this image stir up any feelings for you?