



Journal Prompts

'NO MORE DISTRACTIONS' PODCAST

Episode: How is yoga more than asana?

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1. Is there any part of my body that feels unusually tight, tense, or sore? What feelings arise from this discomfort?





2. What am I most grateful for today? How can I express this gratitude?





3. Was there a difficult thought or emotion that came up for me today?
How did I respond to this?





4. What made me feel alive, excited and fulfilled today?





5. What brought me stress and anxiety throughout the day?





6. What was the most important thing I accomplished or made progress on today?





7. How can I approach tomorrow with a sense of ease and wonder?

