

Your Name _____

INSTRUCTIONS:

- As you go about your days, simply use this sheet to make **NOTE** of things you are:
 - + Appreciating, Enjoying or Relieved about during this crisis. What is Great?
 - Disliking, Finding Hard, Stressful or Difficult during this crisis.
- It's important **NOT** to judge or analyse what you notice. Just write it down!
- Some things may appear in both columns or contradict each other. This is normal, as we have many different sides - or parts - to ourselves.
- Self-knowledge is powerful. Hidden underneath this list are your needs & what's truly important to you in life. You can begin to think about that, but for now this is just a powerful exercise in **NOTICING**.



Make a list of what you notice as you go about your days:

I Appreciate, Enjoy or am Relieved about:

I Dislike, or find this Stressful or Difficult:

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"Life Noticing" RECORD SHEET



I Appreciate, Enjoy or am Relieved about:

I Dislike, or find this Stressful or Difficult:

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