

## **Off the Mat: Initial Inventory**

*This is for personal use; you won't be asked to share.*

I signed up for this course because \_\_\_\_\_.

At this point in my life, I am being called toward \_\_\_\_\_.

Happiness is \_\_\_\_\_.

I am getting better at \_\_\_\_\_.

I am letting go of \_\_\_\_\_.

My self-care is \_\_\_\_\_.

My meditation practice is \_\_\_\_\_.

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