

## Feeling Good

This month, I want to \_\_\_\_\_ what feels good.  
(Examples: research, explore, enjoy, notice, dive into, find, etc.)

What benefits do I imagine this will have on my life?

Things that feel good to my mind:

Things that feel good to my body:

Things that feel good to my spirit:

Things that feel good to all of me:

Things that don't feel good to me right now:

Things that used to feel good, but no longer seem to:

How will I remember this invitation to 'feel good'?