## M I N D F U L M O M E N T

What is my body telling me?

How Do I feel?

disgusted
unsettled
hesitant
hurt
disappointed
peaceful
embarrassed
reluctant
amused

excited
disconnected
guarded
grateful
startled
relaxed
shocked
confident
resentful

content
comfortable
confused
optimistic
satisfied
afraid
encourage
curious
outraged

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