



BODYMIND THERAPY

ONLINE COACHING

Tutorial #0: How to get started and stay on it

Exercise: Your motivation

The **BODYMIND E-GUIDE** is an essential kit of health tips, exercises and important lists – these will accompany your entire inner journey. Print it and keep it while you work with us.

Transformative processes follow a biological rhythm. They do not flow linearly but spiral and, like the cycles of nature, changes are not always immediately visible. It takes patience and optimism: it is like an expert peasant who cultivates the landscape and has not yet lost contact with nature, whose rhythm he knows.

Like in the field, you just have to keep working and waiting; endure the dry, humid, hot and cold seasons with resilience and a strong will.

However, our farmer has an advantage: he knows exactly what he has sown and at a certain point he can grasp the results with his hands. (Of course, our farmer can also be a she or a they!)

Unfortunately, we are not so lucky with our inner processes. But we can always keep the reasons for our work in mind and use them as motivation, especially in the phases where there is little or wasted energy for the process.

Whether you are just starting to work with Bodymind Therapy or have been working with us for many years, take a look at the following questions from time to time and answer them before our first meeting. Feel free to change your reasons over time, but always keep them in your awareness.

Please write down 5 main reasons for the following questions:



Why do you want to transform as an individual?

1. _____

2. _____

3. _____

4. _____

5. _____

Why you want to transform your relationships?

1. _____

2. _____

3. _____

4. _____

5. _____

Why your transformation could positively impact the world around you?

1. _____

2. _____

3. _____

4. _____

5. _____
