

**Creative Tools & Training for Development** 

# **Connecting to Presence**

## The objective

In Points of You® we start every process with Pause, with a moment to stop and connect with yourself. This layout chart is an invitation to observe the magic of Presence.

#### **Pause**

Take a deep breath, close your eyes and allow yourself to be. you can play your favorite song, or listen to your surroundings. All is good and just connect with yourself.

## **Expanding**

Now we're ready. Let's go! Choose 5 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

#### **Focus and action**

Write down your main insights. Decide how you want to move your insights into your life.

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[2] Where am I emotionally now?

	[1] Where am I physically now?
	My card:
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[ 3 ] Where am I mentally now?
My card:

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[4] Where are the gaps?

[5] What can I gain from being present?

My card:

My card:

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