

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.

[2] Where am I emotionally now?

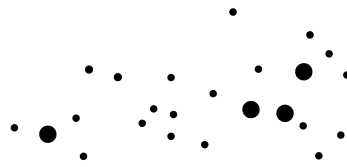
My card:

[1] Where am I physically now?

My card:

[3] Where am I mentally now?

My card:



[4] Where are the gaps?

My card:

[5] What can I gain from being present?

My card:
