

Process Book

Mind, Body, and Spirit

Word List

The Mind:

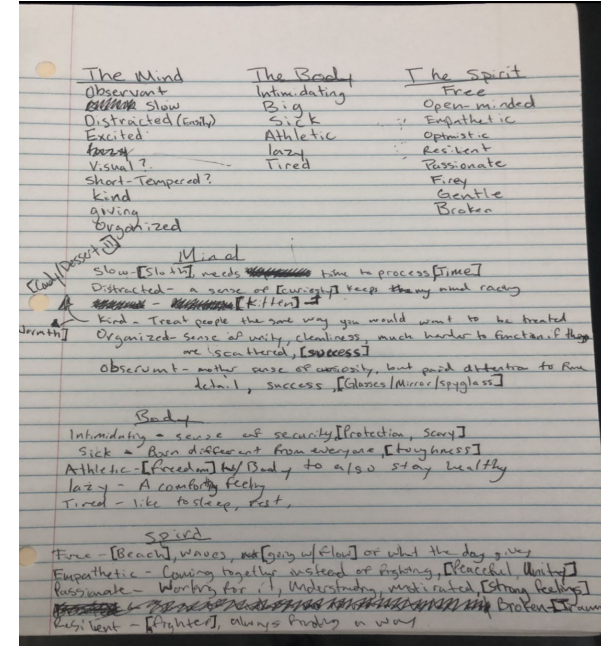
- Slow- My process of learning and doing things in general is very slow.
- Distracted- I easily get distracted because I have a urge to be curious.
- Kind- The world would be a much better place if everyone was kind.
- Organized- Helps keeps my thoughts together I believe being organized helps to be successful
- Observant- My urge to be curious keeps me on my toes to observe anything that goes on.

The Body:

- Intimidating-I've been told countless times that I'm very scary looking when first meeting me.
- Athletic- By playing sports it brings me a sense of freedom because it's just me and a game to play.
- Lazy- Another sense of freedom and tranquility, I like time to myself to let my mind wonder.
- Canvas- I love art and showcasing what I like, therefore my body is my canvas to do so.
- Sick-Even though I'm generally a healthy person, I still battle disease and nasty bugs.

The Spirit:

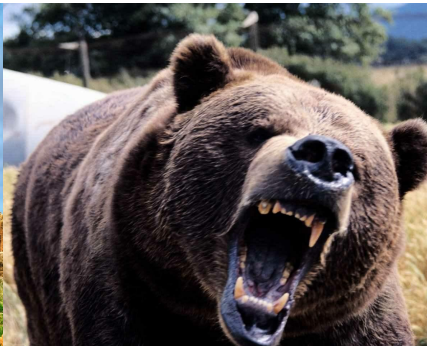
- Free-I like to live life at my own pace on my own free will.
- Empathetic- Empathy opens up opportunity for peace and that's something the world needs more of.
- Passionate-This is the sense of fire in me. When I like something I will fight for that.
- Resilient-Born and fought with disease my whole life I've had to fight to be here.
- Broken-Trauma and sickness has made me who I am today however it still has affected me and am still healing from it.



Pictures for The Mind



Pictures for The Body



Pictures for The Spirit









URLs

<https://everwideningcircles.com/2020/10/23/what-happened-to-giant-sloths-americas/>

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