Body, Soul and Spirit Journaling Method.

With this method the aim is to raise awareness, not to write heaps - dot points and lists will do for your journal today!

Take a few moments to settle and be present in this moment, bringing attention to your breath.

Pay attention to your body, moving slowly and methodically from the top of your head to the tips of your toes. Make a note of any sensations you become aware of from the air passing in through your nose, to any aches or pains you might experience.

Now bring your attention to your 'soul'. Where is your internal world at right now? What emotions, thoughts and feelings are taking place in you right now? How are you experiencing your relationships in this moment? Spend a few moments writing down what you become aware of.

Finally take your attention to the core of who you are, your spirit, your heart. This is the part of you that is most aware of God, it is most sensitive to meaning and purpose. How is this part going right now? How does this part of you feel about God in this moment? What insights does this part of you want to bring to you today?

Finally, as you reflect on your journaling experience today, is there anything you need to do today or this week to take care of and nourish your body, your soul or your spirit?