

Choosing With My Whole Being

Journaling Worksheet

The intention of this worksheet is to support you in cultivating choice as a practice. Choice is a practice of aligning with the moment, life itself, and our values. With awareness and practice we can hone our capacity to choose from a place of greater alignment and with more of our whole self. In this worksheet we invite you to notice what arises within you as you choose something. Overtime, this practice will support you to make decisions from a place of greater alignment. We invite you to journal on the following questions, e.g. upon waking up in the morning.

Date:

Time:

What am I choosing today?

What arises in relation to that choice (thoughts, sensations, images, emotions, ...)?

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Want to dive deeper?

This worksheet is designed to accompany our article, Reclaiming Choice and Agency in a Networked World. Read the article and access further journaling worksheets [here](#).

Happy reflecting!