

Awareness Workout

Meditate, journal or sit and contemplate these questions.

What is your relationship to pleasure?

Let's ask some deep delving questions here.
These are journal prompts for you to explore.

1. What do the **voices of resistance** in your head tell you when you are about to embark on some thing easy and joyful?
2. What were the prevailing attitudes to pleasure in your **family of origin**?
Break this down to Mum, Dad, siblings and yourself.
3. What is your most **guilty pleasure**? And it is guilty because....
4. Receiving **what kind** of pleasure makes you uncomfortable?
5. How do you pleasure yourself?
6. Where do you hold back on pleasure?
7. What are your beliefs around lack & limitation affecting your capacity to truly indulge in pleasure?
8. What are your intentions for your pleasure experience? brainstorm away here.

These questions can highlight your stuckness and yuckness. **Go gently**, be **kind** and bring your **truth**.

Print this out

"Pleasure is open" NM

