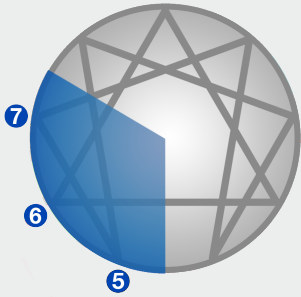


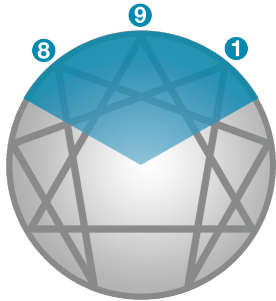


Three Centered Inquiry with the 3M Triad



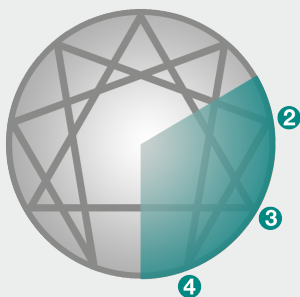
My Head

How does mindfulness address my need for safety, security, and certainty?
 What is safe in my life now?
 What is predictable in my life now?
 What am I certain about now?
 Am I spending too much time listening to the news?
 If I am in danger, do I have a plan?
 Who can I count on to help me if I have a problem?



My Body

How does movement address my need for power and control?
 What am I doing to keep my body moving now?
 Are there ways I can move and exercise that I might try?
 What do I have control over?
 What do I have control over that I am not controlling and need to?
 What is out of my control?
 What am I attempting to control that is not helpful or healthy for me?



My Heart

How do meaningful connections address my need for esteem and affirmation?
 Who am I spending time with?
 Are they supportive and nurturing and accepting?
 Who could I be spending time with that I'm not?
 What ways can I connect with others that I am not right now?
 How am I offering support to others important to me?

Renée Siegel
 Renée@urpurepotential.com
 Phone: 480.688.4999
 Scottsdale, Arizona

