

Four Bodies Inventory

The Physical Body

- My physical body's best feature is:
- My physical body's biggest challenge is:
- My physical body feels pain when:
- My physical body feels pleasure when:
- I am grateful for my physical body because:

The Mental Body:

- I think positive thoughts when:
- I think negative thoughts when:
- I feel creative when:
- I feel bored when:
- I am grateful for my mind because:

The Emotional Body:

- My heart is full of love when:
- My heart breaks when:
- I laugh when:
- I cry when:
- I am grateful for my heart because:

The Spiritual Body

- I feel connected to God when:
- I feel alone when:
- I express my Divinity by:
- I am of Service when:
- I am grateful for my Soul because:

