

Embodied Living: 12-Week Collaborative Workbook

Welcome to the Embodied Living course. Over the next 12 weeks, you will explore how your physical state informs your mental, emotional, and spiritual wellbeing. This workbook is designed to guide you through daily practices of mindful breathing, posture-focused movement, anti-inflammatory nutrition, meditation or prayer, and intentional acts of service.

Week 1: Foundations of Embodiment

Teaching: The body as the foundation for mind, emotions, and spirit.

Practices:

- Learn mindful diaphragmatic breathing (5 min/day).
- Journal about times when your physical state affected your mood or focus.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 2: Breath & Awareness

Teaching: Breath as a bridge between body and mind.

Practices:

- Expand to 10 min daily diaphragmatic breathing, notice posture.
- Pause to breathe mindfully before meals and activities.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 3: Movement & Posture

Teaching: How posture shapes confidence, emotions, and presence.

Practices:

- Daily 15–20 min posture-focused movement (yoga, stretching, functional strength).
- Track energy and mood shifts after movement practice.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 4: Nutrition & Inflammation

Teaching: Food as information for the body and brain.

Practices:

- Eliminate one inflammatory food (e.g., refined sugar).
- Add 2 servings of colorful vegetables daily.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 5: Deepening the Breath

Teaching: Nervous system regulation through breath.

Practices:

- 15 min of slow breathing + 1-2 sessions of box breathing.
- Journal on stress levels before/after practice.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 6: Strength in Movement

Teaching: Resilience through functional movement.

Practices:

- Add bodyweight strength training (pushups, squats, planks).
- Notice posture alignment throughout the day.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 7: Nutrition for Brain & Body

Teaching: Key nutrients for energy, mood, and cognition.

Practices:

- Add one brain-supportive food daily (nuts, salmon, leafy greens).
- Track clarity and focus after nutrition changes.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 8: Meditation & Prayer

Teaching: Quieting the mind and opening to inspiration.

Practices:

- Begin 10 min meditation/prayer practice daily.
- Use breath to settle into stillness.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 9: Emotional Regulation & Mindfulness

Teaching: Observing emotions without being ruled by them.

Practices:

- Combine breath + meditation when emotions rise.
- Journal about triggers and new responses.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 10: Living in Service

Teaching: Service as an expression of spiritual alignment.

Practices:

- Choose one intentional act of service each day (small or large).
- Reflect on how service uplifts both giver and receiver.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 11: Weaving the Practices

Teaching: Holistic integration of body, mind, emotions, spirit.

Practices:

- Create a personalized daily rhythm with all five practices.
- Journal on which habits feel most supportive and sustainable.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Week 12: Embodied Purpose

Teaching: Living from alignment, inspiration, and service.

Practices:

- Commit to a sustainable 20–30 min daily practice routine.
- Reflect on the 12-week journey and set intentions for continued growth.

Reflection / Journaling Prompts:

1. What did you notice in your body, mind, emotions, and spirit this week?
2. How did the practices affect your daily life?
3. Where did you feel resistance, and what helped you move through it?

Daily Practice Tracker (Template)

Use this checklist daily to track your core practices:

- Breathing (10–15 min)
- Movement (15–30 min)
- Nutrition (anti-inflammatory / brain supportive)
- Meditation / Prayer (10–15 min)
- Service (one act)