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BODY CONNECTION AUDIT™

HOW CONNECTED ARE YOU TO YOUR
BODY – REALLY?



by Mia Dins

A gentle check-in with your body

Take a breath before you begin.

This is a date you have with yourself

Answer honestly. No judgment.

Write down the answers.

QUESTIONS (be as specific as possible)

- 1. When was the last time I truly felt present in my body?*
- 2. Do I experience my body as a place of safety or tension?*
- 3. How do I speak to my body daily?*
- 4. Do I listen when my body asks for rest, food, movement, or space?*
- 5. What signals have I been ignoring?*
- 6. How do I respond when my body feels uncomfortable or in pain?*
- 7. Do I slow down enough to feel, or do I stay busy to avoid?*
- 8. Where in my life do I override my body's needs?*
- 9. When I feel stressed, do I return to my body or leave it?*
- 10. What does my body need from me right now?*

If this opened something for you...
You're not alone.
And this is where we begin.

→ Continue with the 7-Day Body Connection Reset™