

Learning to Love – Day 4 – Activity for the Body

We have been learning to love ourselves more intimately this week through reflection and prayer.

It's time to take time to take care of our physical needs.

Our bodies were meant to move, but they also require rest. So, take time this week to go for at least 3 - 30 minute walks; however, also consider laying down to take a short 15-20 minute power nap. You will find that a nap will help to slow everything down and your heart, mind, body and soul will thank you immensely for it.

Check in with yourself after your walks. Take a couple of deep breaths in and check in with your body.

Walk #1 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #2 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #3 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Nap #1 _____

How do you feel?

Anything special that you would like to note: _____

Nap #2 _____

How do you feel?

Anything special that you would like to note: _____

Nap #3 _____

How do you feel?

Anything special that you would like to note: _____