



# Body = Brain Insights & Actions

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The ideas and practices in this course will only be useful to you insofar as you apply them to your own life and situation. This Insights & Action tool is designed to help you do just that. If you choose to use this tool regularly, you will complete the course with a personalized notebook that summarizes the entire course content *as it's relevant to you*.

There are at least three ways to use this tool.

- at the end of each recording (*recommended for best results*).
- once each week, after you've listened to all the audios for that week.
- once for each two-week module.

Choose the one that best supports your learning.

As you listen to the recordings, notice what brings you most alive. At what points do you find yourself feeling most energetic and engaged? Where is your curiosity piqued? Notice the sensations that arise when you discover something that fascinates you. Answer the following questions from that place of deep interest and engagement.

I recommend keeping your answers as simple as possible.

**What are your top 1 or 2 insights from this module?**

**Take a step back. What is the bigger picture you see emerging?  
What is the larger story about being human? Briefly summarize that.**

**How do these insights apply in your own life?  
What do you see now about your own experience that you didn't see before?**

**How do these insights apply with the clients you work with?  
What is one thing you will do differently as a result of this learning?**

**What questions or reflections does this prompt? Please post these in the online forum and / or bring them to an upcoming call.**