Look at my drawing of the holistic self.

It includes:
BODY: ______________________________
HEART: ______________________________
MIND: ______________________________
SPIRIT: ______________________________
and UNKNOWN: __________________

Next to each aspect of SELF make a mark that shows how strong this area is for you. Ask yourself,

how powerful is my awareness in my heart, my body and so on?

Create your own marking system to communicate with yourself.

You could use a grading system A-F, or a gradation system 1-5 or + and −’s. Or it could be 1-5 stars! Whatever works for you.

Now look at my own drawing of my self.

On the following page or on a separate sheet of paper imagine all 5 of these aspects of yourself as one drawing, taking into account the strength of each area. For example, if you have a 5-star heart and a one star body you might draw a very large heart in bold red and a very small or faded body. Use your imagination as much as possible to create a playful drawing that reflects your full self. Bringing greater awareness to more of your self will bring more of you forward and into play. It’s valuable to know where you’re strong as well as where you have room to expand!
my HOLISTIC SELF