



VERSIONS OF YOU

THE STILL

The Still is designed to help you uncover and become aware of today's version of you. It is a Reflective Practice allowing you to see your life in a snapshot.

Below are a variety of categories of life, with room to add more. For each, check if you're content or discontent and explore why you've made that choice. Content is defined as a state of peaceful happiness.

Once completed, reflect on your life as a whole. How often are you content? How often are you discontent? There is no need to make drastic changes immediately, but rather take the time to read through each why and understand it. Revisit and retake The Still as often as necessary. This is your foundation, upon which you can explore, improve, and transform.

DATE: _____

CATEGORY	CONTENT	DISCONTENT	WHY:
Friendships			
Family			
Romantic			
Profession/Career			
Physical			
Mental			
Spiritual			
Living Conditions			
Knowledge/Education			
Finances			
Entertainment/Hobbies			
<i>Other</i>			
<i>Other</i>			
<i>Other</i>			
<i>Other</i>			
<i>Other</i>			
<i>Other</i>			