

MindfulLiving™ Module 5

Pain-Free Living

Introduction Getting Started

- ❖ This Getting Started Worksheet will help you lay the foundation for your practice throughout this module and provide valuable insights into your transformation.
 - ❖ We strongly advise keeping a “Mindfulness Journal” to document your reflections and progress. This journal is essential to support your journey by helping you track changes, gain insights, and deepen your self-awareness.
 - ❖ Take your time with these exercises. They are designed to enhance your self-awareness and clarify your goals for integrating mindfulness practices into your daily life.
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10-Point Questionnaire for Module 5: Pain-Free Living

- ❖ How do you currently manage physical or emotional pain?
 - ❖ What practices or habits help you feel more at ease in your body?
 - ❖ How do you respond to discomfort or challenges in your life?
 - ❖ What is one thing you can do today to care for your physical well-being?
 - ❖ How does stress manifest in your body, and what can you do to release it?
 - ❖ What positive changes can you make to improve your physical health and comfort?
 - ❖ How do you support yourself emotionally during challenging times?
 - ❖ What role does self-compassion play in your pain management?
 - ❖ How can mindfulness help you address both physical and emotional discomfort?
 - ❖ What will your life look like when you are living free of unnecessary pain?
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Thank You for Your Effort!

Your dedication to journaling and completing this questionnaire is vital to a pain-free life and enhanced Awareness Intelligence. Keep up the excellent work! 💜 Blessings,
Shery Clein MindfulLiving™ Coach



Achieve Pain-Free Living: Enhance Your Awareness Intelligence
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