**Contemplative/Meditative State**

**Physical Calm:**

[ ]  My heart beats calmly and evenly

[ ]  My breathing feels calm, easy, even, and complete

[ ]  My muscles don’t feel tight or clenched

[ ]  I don’t feel restless or fidgety

[ ]  I don’t feel tense or self-conscious when I say or do something

[ ]  I don’t feel uncomfortable, hot, and perspiring

[ ]  I don’t feel the need to go to the bathroom when I don’t have to

[ ]  I feel coordinated

[ ]  My mouth isn’t dry

[ ]  I feel awake and refreshed

[ ]  I don’t have a headache

[ ]  I don’t have a backache

[ ]  I don’t feel unfit or heavy

[ ]  My shoulders, neck or back is not tense

[ ]  The condition of my skin is healthy

[ ]  My eyes are not watery or teary

[ ]  My stomach feels calm

[ ]  My appetite is okay

**Focused Attention**

[ ]  My thoughts are not scattered

[ ]  I have little trouble remembering what I am doing

[ ]  I feel very conscious of things

[ ]  When disturbed, I find it easy to get back on track

[ ]  My mind feels clear

[ ]  I feel centered

[ ]  I am not indecisive

[ ]  My goals and priorities are clear

[ ]  I keep things simple, doing one thing at a time

[ ]  My mind is steady and focused

[ ]  I concentrate on what I am doing

[ ]  I seem to be quite perceptive

[ ]  My mind is not confused

[ ]  I don’t let interruptions disturb me

[ ]  I keep my mind on what I want to do

[ ]  Even if things get hectic, I feel I can work in a calm and orderly manner

[ ]  I feel quite alert

[ ]  I devote my full attention to what I decide to do

[ ]  I feel absorbed

[ ]  My attention doesn’t wander

[ ]  Things seem lucid and clear

[ ]  It is fairly easily to keep my mind on my task

[ ]  I don’t feel divided between different courses of action

[ ]  I seem quite aware of things

[ ]  I don’t wander from what I set out to do

[ ]  I finish one job before starting something else

[ ]  I live in the present, fully experiencing every moment

[ ]  My mind is like a mirror, clearly reflecting the physical and spiritual worlds without distortion

**Letting Be**

[ ]  My wants and desires do not drive me

[ ]  I am not hard on myself even though I have some imperfections

[ ]  I don’t feel as though I have to urgently push or rush myself

[ ]  I can accept things that cannot be done or understood

[ ]  It feels okay to say “live and let live” about some of my problems

[ ]  I can put things that really matter in perspective

[ ]  I don’t get worked p over things that can’t be changed

[ ]  I feel I can let go and be myself

[ ]  I feel flexible

[ ]  Some of my wishes seem less important when seen side by side with things that really matter

[ ]  When I have worked enough, I can easily let go and relax

[ ]  I feel patient

[ ]  It feels okay not to worry needlessly about yesterday’s or tomorrow’s problems

[ ]  It feels okay to let some things be

[ ]  I feel as though I could accept my problems philosophically

[ ]  I don’t feel as though everything has to done at once

[ ]  I feel things aren’t so bad even when they don’t go the way I want

[ ]  I don’t get caught up demanding things I cannot have or that don’t really matter

[ ]  I don’t feel particularly self-conscious or as though I have to be overly concerned with doing the right thing or making a good impression

[ ]  I don’t feel as though I have to have everyone’s acceptance and approval

[ ]  I feel part of larger purpose or scheme of things

**Receptivity**

[ ]  I am aware of God flowing through me

[ ]  I live in an active dependence upon the Holy Spirit

[ ]  I acknowledge the Holy Spirit’s presence

[ ]  I do not tackle projects with a dependence upon my own abilities

[ ]  I offer one word or sentence prayers when in need

[ ]  I am instantly aware when pride of self dependence encroaches upon me

[ ]  I picture myself as one filled with Another

[ ]  I recognize that my strength comes from God

[ ]  I recognize that my wisdom comes from God

[ ]  I recognize that God is my Source

[ ]  I picture myself as one though whom Another flows

[ ]  I am aware that I can do nothing on my own

[ ]  I am aware that my righteousness is that which is imputed through Christ

[ ]  I see myself as clothed with Christ’s righteousness

[ ]  I picture myself as a container filled with Another

[ ]  When I succeed, I am immediately aware that it is Christ’s victory.

[ ]  When I fail, I am aware that I have not drawn on the One Who lives within.

[ ]  I do things without undue strain or effort.

**Spontaneous Flow**

[ ]  I live tuned to spontaneity.

[ ]  I recognize that the Holy Spirit’s flow is like a river within me.

[ ]  I feel willing and comfortable living in flow.

[ ]  I feel uncomfortable living in “boxes.”

[ ]  I feel that pure analysis is not as profitable as allowing spontaneity to flow together with analysis.

[ ]  I am comfortable going with inner promptings.

[ ]  I feel spontaneous and free.

[ ]  I feel as though I go with the flow of things.

[ ]  I can sense when I am in flow.

[ ]  I purposely relax when working so I can enter the flow experience.

[ ]  I am aware of creative expression flowing within me.

[ ]  I seek out quiet, relaxing settings so my creativity can be maximized.

[ ]  I seek out and enjoy relaxed, spontaneous sessions with others.

[ ]  I quiet myself, focus myself, and relax so the flow can begin.

[ ]  When in flow, I seek to continue with what I am working on until it is completed.

[ ]  I do not begin working until I sense the flow experience.

[ ]  I tackle projects when I sense them flowing within me.

[ ]  As I practice living in the flow experience, I sense it operating more readily and easily in me.

[ ]  I understand that all that lasts comes out of the flow experience.

Physical Physical

Calm tension



Focused Distraction

attention



Letting be Over-control



Receptivity Activity



Spontaneous Analytical

Flow thought

For each aspect (calm, focus, letting be, receptivity and flow) describe what a four looks like for you, than a three, two, one and a zero.

This way you set measurable steps to come closer to your goal.