**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.

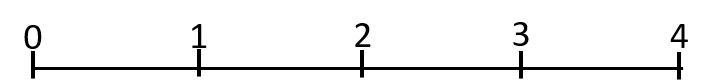
When in flow, I seek to continue with what I am working on until it is completed.

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

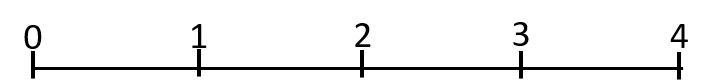
I tackle projects when I sense them flowing within me.

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.

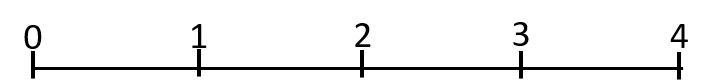
Physical Physical

Calm tension

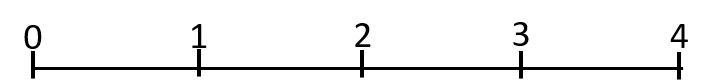


Focused Distraction

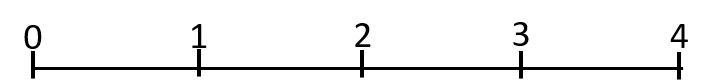
attention



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.