



### Chapter 5 Activities

#### Activity 1: I Am So Grateful

Do you realize how far you've come? Take a moment to pause and enjoy a few full breaths. Now, become aware of three things you're grateful for today as you begin this chapter. It may be as simple as that pause to enjoy breathing.

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#### Activity 2: Connect With Your Core

Complete this awareness exploration and then...

- Come back to your seat. **Rest** there and take a moment to think back on this exploration. What preferences or habits did you find? Did you change in any way? How does this time spent exploring your pelvic clock and connecting with your

core relate to the activities you love to do and would love to improve? Did you learn any more about what it means for you to be at home? What are a few key insights, a few key take-away points for you? **Make note of them.**

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