



Curiosity
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

MIND

Who am I listening to when I notice the thoughts of my mind?

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DISCOMFORT

What do I do when I feel discomfort? Emotionally, physically, socially, and mentally?

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REACT

How do I react to discomfort?

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STRESS LOOP

In what ways does my reaction to discomfort create a stress loop?

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CHANGE

What may happen if I did not react to discomfort right away and chose to breathe instead?
