



## **Body and Nature Connection check-in**

We spend a great deal of time up in our heads, not least when we're trying to make decisions about our next steps and formulating the steps through which to get there. Our cognitive processes are immensely important; equally fundamental are our physical and emotional intelligences.

This 'check-in' is designed to give a sense of your connection with your body, and your awareness of the relationship between your body, mind and environment. The questions are designed to help you to think about your current connections. They may well provide starting points for conversations or guidance for future coaching sessions you may have with me.

\* It's incredibly important to me that my work is inclusive. If you're not able-bodied, and you feel this check-in needs changing in any way, I very definitely want to hear your thoughts and ideas. My email is at the bottom of the page. Thank you.

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I suggest you print out the questionnaire in order to write your responses on it, and so that you can return to it in the future.

Please respond to all statements below, scoring them from 1-5 according to how much you believe they apply to you:

1	2	3	4	5
Not at all		Sometimes		Always

When you have totalled your points, take the time to read through the interpretations below in the 'score key'.

I'd love to hear how you find the process and the thoughts it raises for you.

Get in touch! [rowena@rowantreecoaching.com](mailto:rowena@rowantreecoaching.com)

***Remember, this is a check-in, not a judgment. This applies to now: nothing is permanent.***

In gratitude,

Rowena

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## **Body and Nature Connection check-in - your questions:**

<b>No.</b>	<b>Statement</b>	<b>Score</b>
1	I take time each day to think about my breath	
2	I take time each day to take at least 10 deep breaths	
3	I am aware of how it feels in my body when I am excited	
4	I am aware of how it feels in my body when I am anxious	
5	I am aware of how it feels in my body when I am scared	
6	I am aware of where I hold tension in my body	
7	I feel aware of the connection between my body's health and my mind's health	
8	I take time each day to stretch my body in some way	
9	I am aware of when my body is tired	
10	I listen to my body when it tells me I need more sleep	
11	I can tell the difference between how mental and physical tiredness feels	
12	I make sure I eat at least 5 pieces of fruit or vegetables each day	
13	I think about the effect my food will have on my body before I eat it	
14	I make positive comments when I look at my body in the mirror	
15	When I use my body, it makes me feel powerful	
16	I feel grateful for what my body can do	
17	I am aware of the existence and effects of various hormones in my body, such as serotonin and cortisol	
18	I consciously decide the amount of alcohol, drugs or caffeine I put into my body	
19	I consciously decide the amount of water I put into my body	
20	I give my body rest and time to recover when I am sick	
21	I walk (or move) outside at some point every day	
22	I find it calming to be in a natural environment	
23	I make time to be in a natural environment at least once a week	
24	I regularly challenge myself to try new physical activities (within your own capacities)	
25	I am aware that I feel or may feel different as the seasons change	
26	I make sure that I take regular breaks to move around when undertaking sedentary work	
27	I vary my activities throughout the day	
28	I regularly give myself time to be in a quiet place	
29	I know how it feels in my 'gut' when I know what my next step needs to be	
30	I regularly act on what my gut is telling me	
31	I am aware of the changes in my energy levels as my hormones change (i.e. different points in your cycle for menstruating women, or changes as you enter peri-menopause)	
32	I am aware of the effect of changes in my hormones on my mental health (i.e. different points in your cycle for menstruating women, or changes as you enter peri-menopause)	

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## **Body and Nature Connection check-in - Score key:**

### **1 – 40:**

There is limited connection with your body and a narrow awareness of the relationship between your body and your mind. You are not in tune with what your gut is telling you and this can create challenges for you in the decision-making process. You sometimes find yourself in situations where you don't feel comfortable but you don't know why. You don't regularly give yourself opportunities to check in with your body or with nature.

### **41 – 80:**

There is some connection with your body and some awareness of the relationship between your body and your mind. At times, you tune into what your gut is telling you but don't usually act on it. You sometimes find yourself in situations where you don't feel comfortable, you know why but feel trapped by the situation. You understand the power of our connection with nature and sometimes provide yourself with opportunities to be in this environment and reap the grounding benefits of it.

### **81 – 120:**

You have a good connection with your body and an awareness of the relationship between your body and your mind, though you don't always honour it. You often provide space to listen to and nurture your body. You are aware of signals your body gives you and sometimes respond to them, which impacts positively on your overall well-being. There is some balance between listening to the wisdom of your body and the wisdom of your mind, though you sometimes get 'lost' in one or the other. You consider the way you treat your body in terms of diet and exercise and feel the benefits of this. You are aware of what your 'gut' is telling you and may well act on this, though not consistently. You regularly provide yourself with opportunities to connect with nature and reap the grounding benefits of it. You have a solid foundation and know that you want to work on consistently maintaining it, as you can sometimes ignore it.

### **121 – 160:**

You have a strong connection with your body and a keen awareness of the relationship between your body and your mind. You regularly provide space to listen to and nurture your body. You respond to and work with the signals your body gives you and this impacts positively on your overall well-being. There is a strong balance between listening to the wisdom of your body and the wisdom of your mind, and you recognize the power of the two being in balance and the connections between them. You carefully consider the way you treat your body in terms of diet and exercise and you feel the benefits of this. You are regularly aware of what your 'gut' is telling you and frequently act on its messages. This is a very solid foundation and can be built upon through coaching, including the power of harnessing these strong connections to support changes you would like to make in your life.

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