



## BODYMIND THERAPY

### EXERCISE

## From your current state to the desired state: Your weekly plan based on needs

### *Step 1:* DOCUMENT YOUR TYPICAL WEEK

Start by writing down your typical week in the table. Note how you currently spend your days and weeks.

### *Step 2:* IDENTIFY YOUR NEEDS & EVALUATE YOUR CURRENT STATE

Check out the needs list on the eguide and write down all the needs that are relevant to you. The electronic guide can be downloaded from our website under the heading "For Free". Review the current status of your weekly schedule and identify which needs are already met and which are not.

### *Step 3:* CREATE A DESIRED STATE

Considering the needs that have not been met in your current state, create a new weekly schedule. Think about how you can address the unmet needs in your new plan.

### *Step 4:* IMPLEMENT THE CHANGES

Start gradually implementing the changes in your desired state. Perhaps you'd like to allocate more time for social interactions or physical activities if you find that these needs are not met in your current state.

### *Step 5:* CHECK REGULARLY

After a few weeks, see how the changes impact your well-being. If necessary, make further adjustments.





