

# Yoga Thinking Realm Snapshot

Circle the words that best describe how you most often feel or approach situations. You can focus on a specific issue, or consider the broader perspective of your life in general. You can revisit at random intervals or schedule regular check-ins with yourself.

The “Dominant Realm” section identifies your current “go-to” style. The “Weakest Realm” section identifies the realm that might help transform your energy around a challenge.

What got you where you are may not get you where you want to go. If you’re craving some kind of shift, you might choose to focus attention on under-represented realms to “build the muscle” of its associated thoughts, emotions, and actions. You don’t *need* to do anything - this exercise is just meant to shine the light of your awareness on your experiences.

Ask your heart and listen to your hunches - some part of you really *does* know what to do.

## Dominant Realm

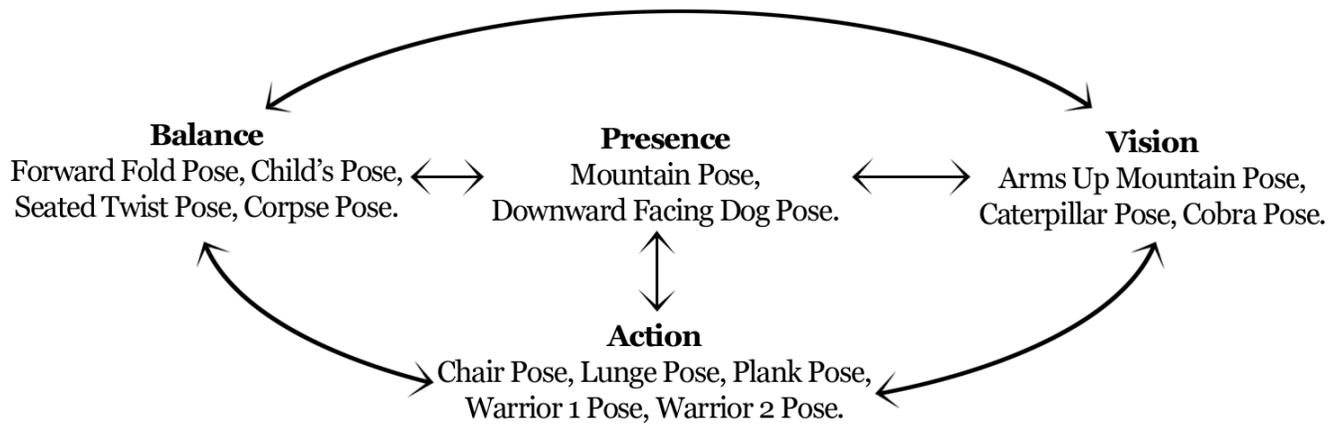
|                             |                  |
|-----------------------------|------------------|
| adventurous                 | accepting        |
| confident                   | compassionate    |
| courageous                  | introspective    |
| trusting                    | calm             |
| determined                  | assured          |
| empowered                   | evolving         |
| powerful                    | creative         |
| strong                      | free             |
| frequently on-the-go        | productive       |
| focused                     | well-rested      |
| results oriented            | relaxed          |
| broad-minded                | adaptable        |
| objective                   | playful          |
| composed                    | expansive        |
| stable                      | open             |
| centered                    | growing          |
| engaged                     | imaginative      |
| aware                       | inspired         |
| prefer single-tasking       | positive         |
| all is right with the world | go with the flow |
| grounded                    | clear-minded     |

## Weakest Realm

|                              |                 |
|------------------------------|-----------------|
| alone                        | depressed       |
| distracted                   | rigid           |
| helpless                     | off balance     |
| overworked                   | stressed        |
| like something is missing    | overwhelmed     |
| unsure which direction to go | discombobulated |
| perfectionistic              | exhausted       |
| lackadaisical                | frazzled        |
| challenged                   | defeated        |
| scattered                    | dissatisfied    |
| out of whack                 | limited         |
| upside down                  | small           |
| forgetful                    | uninspired      |

**For an interpretation and personalized email explanation of your results, you can take a photo of this page or just scan it, then email it to me at [jena@jenasawyer.com](mailto:jena@jenasawyer.com).**

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The **Presence** realm is centered within the realms because without it, your capacity to create an inspiring Vision, choose effective Actions, and create a sense of Balance is limited. Presence invites you to focus fully on the here and now, rather than wandering off into the past or future, or sticking your head in the sand or clouds. It begs you to accept life as it is, make choices rather than excuses, and be grateful for what's right rather than fixated on what's wrong. It reminds you that while pain is inevitable, suffering is a choice.

The **Vision** realm highlights the path forward. It takes you toward a new possibility, desired outcome, or different story. It invites you to let go of what you *think* you know and listen to your heart. It begs you to let go of limitations and look with new eyes, rather than anguishing in the wake of old excuses, thoughts, beliefs, and ways of being. It reminds you to let inspiration, flexibility, and light-heartedness expand your creativity.

The **Action** realm gets you moving. It invites you into unwavering commitment to your Vision, inspired by the future and informed by the past. It begs you to let go of procrastination and perfectionism and take a step, exploring options and paths to your destination without worrying about choosing the *right* one. It reminds you that conscious choices allow you to *respond* rather than *react* to what's happening around you.

The **Balance** realm helps you manage your energy and take good care of yourself. It invites you to forgive rather than harbor resentment, to direct tenderness and lovingkindness inward, and to resist comparing yourself not only to others or unrealistic ideals, but also to quintessential versions of your past self. It begs you to interrupt the cycle of busyness and take a guilt-free breather when you need one. It reminds you that while sometimes you need a break, if you're not taking solid steps toward your vision, the haunting feeling of "something's missing" can make it hard to relax.

With the light of Presence, Vision may move you toward your goal or toward choices to create Balance. Action may take you closer to your Vision or to what will give you a sense of Balance. And Balance may require that you spend more time generating or connecting with your Vision, taking Action, or just being relaxed and at ease.