Creating A New Relationship With Relaxation

Watch the full video related to this topic here.

Relaxation & Family Journaling Questions

1. What ideas about relaxing or being relaxed did you grow up with? What do you associate "relaxing" with?

2. How are you in your family relationships when you are relaxed? For example: When you're relating to a family member and you are relaxed, what happens? What occurs? How are you showing up? What do you say or do, particularly, when you're relaxed? 3. How are you in your family relationships when you are not relaxed? For example: What occurs? How are you showing up? What do you say or do, particularly, when you're relaxed?

4. What thoughts related to your family disrupt relaxation? For example: thoughts of comparing or criticizing

Can you think of any alternative thoughts that would allow for relaxation?
For example: What's another way I could look at this? What's the truth of this situation?
(Tip: the answer is almost never the opposite of the thought we have at hand)

TARAMOHR.COM / PAGE 2

SUNDAY SESSIONS WITH TARA MOHR JANUARY 31, 2021

6. What external circumstances (related to your family) disrupt relaxation? Pick one or two.

7. What are some creative ideas to change those circumstances or navigate them differently?

Relaxation & Work Journaling Questions

8. What happens when you are diligent, but relaxed, in your work?

SUNDAY SESSIONS WITH TARA MOHR JANUARY 31, 2021

9. What is it like when you are not relaxed about your work?

10. What thoughts related to your work disrupt relaxation?

11. Can you think of any alternative thoughts that would allow for relaxation?For example: What's another way I could look at this? What's the truth of this situation?(Tip: the answer is almost never the opposite of the thought we have at hand)

SUNDAY SESSIONS WITH TARA MOHR JANUARY 31, 2021

12. What external circumstances (related to your work) disrupt relaxation? Pick one or two.

13. What are some creative ideas to change those circumstances or navigate them differently?

Stay in touch! For more resources to support your wellbeing like this one, sign up <u>here</u>. Get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead, <u>here</u>.*

TARAMOHR.COM / PAGE 5