

Observation Checklist

- Notice the present moment
- Notice the joy, completely and effortlessly.
- Notice the permission to feel emotions.
- Notice the confidence and unapologetic self in them.
- Notice the lightness and freedom they hold.
- Notice the wisdom they follow.
- Notice how you may be presenting yourself to them.
- Notice how they react when you do.
- Notice yourself shifting into mindfulness.
- Notice the judgements that come up.
- Notice any negative self talk in your head.
- Notice your words they hear(It becomes their inner voice)
- Notice when you get out of alignment.
- Notice the love they give.
- Notice the feelings that arise throughout the day.
- Notice your reactions verses responses.
- Notice ways to play.
- Notice when you feel full.

