



Embodiment Worksheet: From Head-Led to Heart-Led

This worksheet is designed to help you notice where you are operating from fear or overthinking, and gently guide yourself back into embodied, heart-led awareness.

Part 1: Noticing the Head-Led Pattern

Reflect and write openly:

1. When do I tend to overthink the most?
2. What situations trigger urgency or pressure in me?
3. What does fear sound like in my inner dialogue?
4. Where do I feel tension in my body when I am anxious?

Part 2: Connecting to the Body

Pause and scan your body before answering:

1. What sensations are present right now?
2. If my body could speak, what would it say?
3. What emotion might be underneath the overthinking?

Part 3: Heart-Led Reorientation

Consider a current decision or challenge:

1. If I removed fear, what would feel aligned?
2. What choice feels calm rather than urgent?
3. What would acting from self-trust look like here?

Closing Reflection:

What small action can I take this week that feels embodied and heart-led?

