

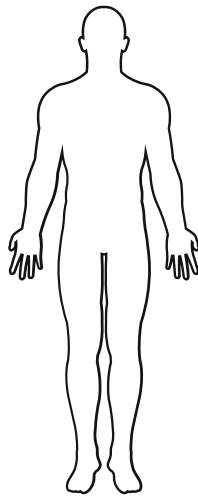
Body Awareness Reflection Worksheet - Male

This worksheet is designed to help pause, notice, and reflect on what the body might be communicating. Use it as a gentle practice for healthy aging, curiosity, and self-awareness. There are no right or wrong answers—just opportunities to listen.

1. Notice Your Body

Circle or note the areas where pain, tension, or sensation are present today.

Body Map (draw or mark notes here):



2. Reflection Prompts

- What sensations are present here (tight, heavy, sharp, dull, warm, etc.)?
 - What emotions might be connected (stress, grief, fear, joy, etc.)?
 - Is this area asking for flexibility, strength, or release?
 - What support is needed right now (rest, movement, breath, compassion)?
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3. Insights & Actions

Write one small action or gentle reminder to carry through the day:

Remember: The body is not against you. It is always inviting you to listen, release, and grow.