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***Thank you for Creating Space to Heal in your life and in the world.***

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**5K Areas: Mind, Body, Spirit, Emotion, Connection**

We hope this worksheet helps you participate in the Race for Healing in ways that are meaningful and

valuable for you. Please use it as a tool to help guide and track your participation.

Name: Date:

**Race for Healing 5K “Starting Line” Questions for Reflection**

What is the Race for Healing about for you?

What is one intention or goal you have for yourself by engaging in this month and Creating Space to Heal in your life and in the world?

What is one thing you’re curious about (related to yourself, others, or the world), as you engage in these activities?

**Activities I could plan to do this month include:**

* **Mind| Stimulate your brain:** Reading/learning (topics might include healing from trauma, including sexualized and racialized trauma and other important topics to our world today), writing, drawing, painting, coloring, doing puzzles, listening to podcasts
* **Body| Engage in physical activity:** Running, walking or jogging, biking, paddle boarding, yoga, dance, breathwork, knitting
* **Spirit| Nourish your soul:** Listening to music, singing, mindfulness, meditation, prayer or contemplation, being in nature, gardening, walking a labyrinth
* **Emotional|** Journaling about your mood, verbally processing your emotions, sharing feelings with others, having a good cry, asking for and receiving support, doing a check in with yourself—how are you doing?
* **Relational/Connection|** Having coffee or dinner with a friend or many friends, getting together for any of the activities above for FUN and ENJOYMENT, spending time by yourself and connecting with your relationship to yourself / Inner Child, having a healing conversation with someone close to you. Practice sharing your heart, being heard – and allowing others to do the same.

**“Crossing the Victory Line” Questions for Reflection:**

Things I noticed or learned about myself and/or others this month, by participating in my 5K activities:

Questions and/or curiosities I still have are:

New actions I intend to take because of what I gained this month are:

My Victory Checks for this month included:

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| **Sept.** | **Morning Minutes** | **5K Type** | **Activities** | **Mid-day Minutes** | **5K type** | **Activities** | **Evening Minutes** | **5K type** | **Activities** | **Total Minutes**  |
| *Example* | *15* | *Emotion* | *Sat with Feelings* | *30* | *Body* | *Yoga* | *45* | *Mind* | *Read poetry* | *1 hr 30 min* |
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| **29** |   |   |   |   |   |   |   |   |   |   |
| **30** |   |   |   |   |   |   |   |   |   |   |
| **TOTAL:** |   |   |   |   |  |   |   |   |   |   |