



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 21 Action Guide: Wired for Connection

Exercise I: Attunement Practice 1

Re-watch the moment in this week's Wired for Connection video when I say...
"Let's do something fun for a moment. Watch me as I bite this strawberry."

While you watch me do this, it may simulate an internal state in you that matches what I'm experiencing. What are you experiencing internally as your mirror neurons process my experience?

What is your inner sense of what I may be experiencing, based on what you are feeling in your body?

What emotions do you perceive I'm feeling?



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Exercise II: Attunement Practice 2

Go to a crowded, busy public place where you can do some people watching – a shopping mall, a public park, an airport, etc. Spend 10 minutes noticing the body language and facial expressions of at least ten different people. Based on what you are experiencing in your body, pay attention to your inner sense of what each person might be feeling. Write about each person here: