

# #danceworking **WORKSHEET**

**BODY  
SCAN**

**I FEEL...**

**...IN MY  
BODY**

What is a powerful question  
you have about yourself and  
how you show up?

**COLORS**

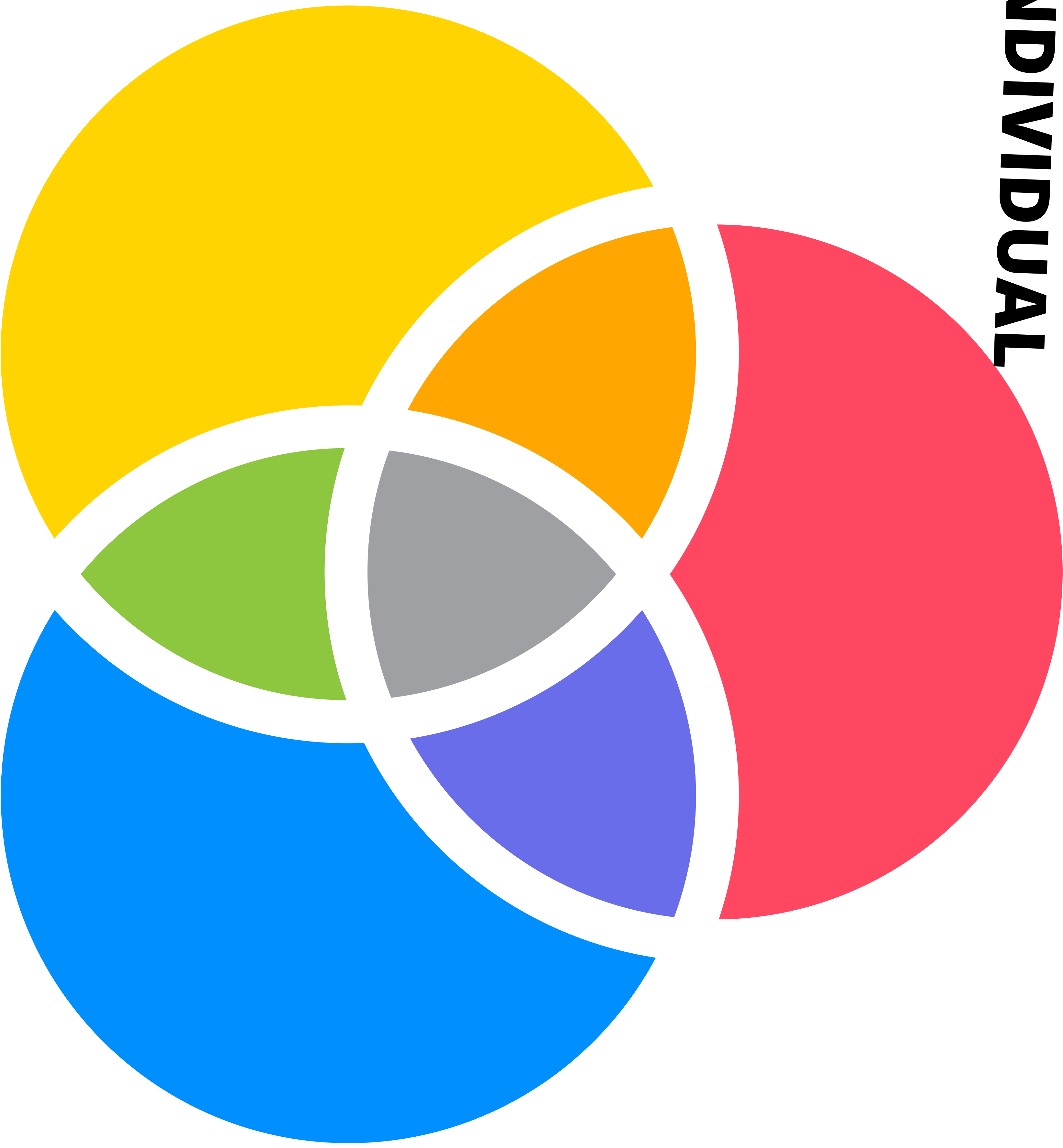
**SENSATIONS**

**EMOTIONS**

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**COMMUNITY**

**INDIVIDUAL**



**SYSTEMS**