

**MORNING**

Today, I dedicate my practice to...  
(from the awakening Inspiration Worksheet)

\_\_\_\_\_

The feeling state I intend to cultivate today...

- Freedom & Relief       Joy & Optimism  
 Confidence & Purpose       Calm & Focus

The three troubling emotions I'll be "Inspecting"  
today are...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**EVENING**

The changes I noticed today as a result of my  
"Inspecting" practice were...  
(use the list to the right for inspiration)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**R.I.D.E. It Out Emotional Release Technique**  
Step Two: INSPECT

Today we'll be exploring the second step of our four-step R.I.D.E. It Out Emotional Release Technique

When faced with a troubling or uncomfortable emotion today...

INSPECT the emotion closely:

Notice the sensations that tell you that you are experiencing the emotion. Notice their location, their size, their shape, and their intensity.

Make your inspection from a place of objectivity and ease as you notice any differences between how you normally experience the emotion and how it is being experienced now.

**Possible Changes from "Inspecting"**

- Enhanced ability to remain "Relaxed With"
- Less anxious and more relaxed
- Greater clarity of mind
- Quicker to recover from troubling emotions
- A feeling of being more spacious
- Less likely to be disturbed by emotions
- A sense of being more centered
- Emotions seemed more mild
- A feeling of more confidence
- A sense of being more connected to others