



# The Five Realms of Our Life

## Personal Worksheet

*Looking at ourselves through the lens of the five realms will help us gain clarity on our needs, our desires, on what we're holding onto that no longer serves us, and what we can bring into our lives that will nourish and affirm us.*

These are the major aspects of each realm; but don't feel that you have to limit yourself to them. Follow your heart and write down whatever comes to you. Here's a quick refresher:

- The Physical Realm contains your body, diet, health, exercise, nature, sleep, sex, digestion, even your looks.
- The Emotional Realm contains how we react to certain people, situations, and circumstances – the words, conversations, and interactions that push our buttons and trigger us; and how we respond to them.
- The Material Realm contains money, wealth consciousness, career, house, car, possessions... essentially the “stuff” we have, desire, covet, or are working towards bringing into our lives.
- The Relationship Realm contains the relationships we have with our self, our core, our family, colleagues, friends, those with whom you have a grievance, etc., and those we want to either birth, re- pair, shift, or end.
- The Spiritual Realm contains your connection to something bigger than yourself - God, the divine creator, the universe, your understanding of spirit, your relationship with Source or your higher power. This is also where you hold your underlying belief system, core values, and your understanding of your purpose or meaning in this life.

Use this worksheet as a tool to help you get clear on your needs in each of the Five Realms, and continue to refer to the worksheet every day after you return home. Within a week you will destressify as you meet your needs more effectively, release what no longer serves you, and usher into your life deeply fulfilling behaviors, people, and experiences.

1) What one thing can I let go of that no longer serves me in each of The Five Realms?

Physical - \_\_\_\_\_

Emotional - \_\_\_\_\_

Material - \_\_\_\_\_

Relationship - \_\_\_\_\_

Spiritual - \_\_\_\_\_

2) What one thing can I add to my life to nourish myself in each of The Five Realms?

Physical - \_\_\_\_\_

Emotional - \_\_\_\_\_

Material - \_\_\_\_\_

Relationship - \_\_\_\_\_

Spiritual - \_\_\_\_\_

3) What intention would I like to plant in each of The Five Realms?

Physical - \_\_\_\_\_

Emotional - \_\_\_\_\_

Material - \_\_\_\_\_

Relationship - \_\_\_\_\_

Spiritual - \_\_\_\_\_

4) What commitment can I make right now in each of The Five Realms to take my life to the next level?

Physical - \_\_\_\_\_

Emotional - \_\_\_\_\_

Material - \_\_\_\_\_

Relationship - \_\_\_\_\_

Spiritual - \_\_\_\_\_

