


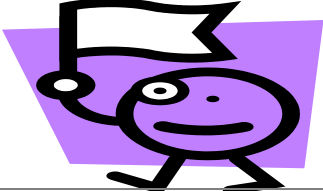


# Check Yourself

Take a moment to ask yourself the following questions:

	Activity	Activity	On your own
<p><b>What is my body telling me?</b></p> 			
<p><b>What am I feeling right now?</b></p> 			
<p><b>What am I thinking right now?</b></p> 			
<p><b>What do I want to do right now?</b></p> 			
<p><b>What can I do right now?</b></p>			