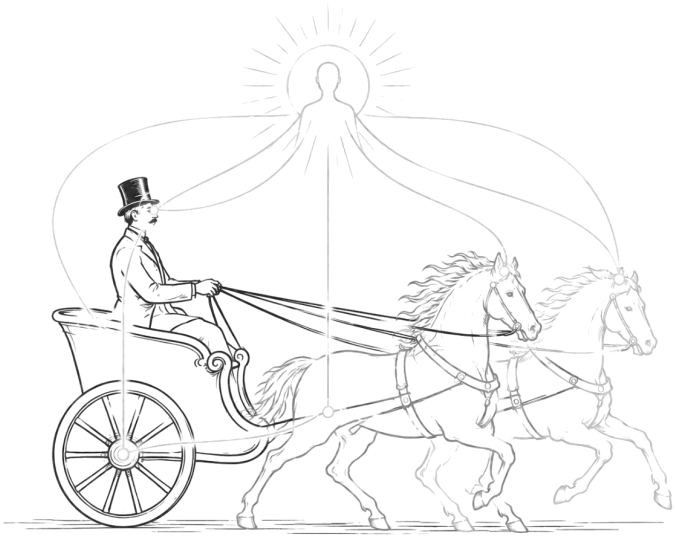
> *Imagine yourself as a chariot. The carriage is your body, the horses are your emotions, and the rider holding the reins is your mind. Above them all is the master: your will, or higher self, who knows where the journey should lead. When the master is present, every part works together.*



Take your time. Write whatever comes to mind, and continue in your notebook if you need more space.

PART ONE

The Body *(the Carriage)*

1. How do you care for your body day to day? What does it get plenty of, and what does it go without?

2. What is your body trying to tell you right now? Notice any tension, tiredness, restlessness, or ease.

3 When did you last ignore your body's signals, and what happened?

4 A carriage that's neglected can't carry anyone far. Is there one small thing your body needs from you this week?

PART TWO

The Mind *(the Rider)*

5 As a rough guess, what percentage of your thoughts today were useful? What filled the rest?

6 When does your mind work against you? Think of overthinking, worst-case stories, replaying the past, or arguing with what can't be changed.

7 Now think of a time your mind served you well, when it planned, solved, created, or saw something clearly. What made that possible?

8 What helps you focus your mind? *(What helps your rider hold on to the reins?)*

PART THREE

The Emotions *(the Horses)*

9 Recall a recent emotional moment, pleasant or painful. How did it show up in your body? How did it shape your thinking?

10 Think of a difficult experience. If you could have watched it with calm curiosity instead of being carried off by it, what might you have seen or done differently?

11 Reflect on a positive experience. What feeling did it bring, and what did that feeling give you the energy to do?

12 Your emotions are the horses: they supply the power. When does that power move you forward, and when does it bolt?

PART FOUR

The Will *(the Master)*

13 Which tends to drive your chariot most often: your body, your mind, or your emotions? Give a recent example.

14 Recall a moment when you felt truly present and in charge of yourself, with all three parts working together. What was different about that moment?

15 Where is your chariot headed? If the master were fully awake, what direction would they choose?

16 What one practice could help you stay present, so that body, mind, and emotions work for your benefit and the benefit of others?