

# Ultimate Relaxation Blueprint

## Step 1 Pre-Video-Assignment Work Sheet

“Get to the Truth” of the natural state of your being.

Answer these BEFORE you watch the video.

- Rate your current tension level from 1 – 10, 1 being no tension at all and 10 being highly tensed.

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- What are some things that cause you anxiety or tension?

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- What do you think is the natural state of your being? Is it relaxation or tension?

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- Why do you think so?

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