

# SOMA:HOME

## WEEK 3: THE ART & SCIENCE OF INNER LISTENING

### WEEK 3 CHECKLIST

WATCH WEEK 3 OVERVIEW VIDEO

ATTEND LIVE CALL

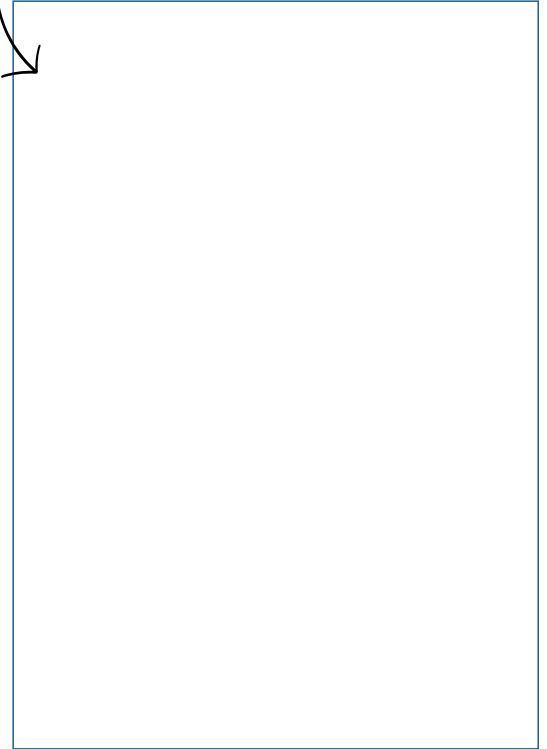
COMPLETE WEEK 3 WORKBOOK

EXPLORE NERVOUS SYSTEM TOOLS

SHARE & ASK QUESTIONS AS DESIRED

MIDWAY REFLECTION FEEDBACK

Space for notes or whatever!



Use the space below to create a little plan for the week  
and/or to note down insights, thoughts and celebrations.