

Another Beautiful Life

100 ALLOWED URGES

Notice and allow each urge. Sit with it and feel it in your body. Watch it pass & record when/where you were:

- | | |
|-----------|-----------|
| 1. _____ | 26. _____ |
| 2. _____ | 27. _____ |
| 3. _____ | 28. _____ |
| 4. _____ | 29. _____ |
| 5. _____ | 30. _____ |
| 6. _____ | 31. _____ |
| 7. _____ | 32. _____ |
| 8. _____ | 33. _____ |
| 9. _____ | 34. _____ |
| 10. _____ | 35. _____ |
| 11. _____ | 36. _____ |
| 12. _____ | 37. _____ |
| 13. _____ | 38. _____ |
| 14. _____ | 39. _____ |
| 15. _____ | 40. _____ |
| 16. _____ | 41. _____ |
| 17. _____ | 42. _____ |
| 18. _____ | 43. _____ |
| 19. _____ | 44. _____ |
| 20. _____ | 45. _____ |
| 21. _____ | 46. _____ |
| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

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- | | |
|-----------|------------|
| 51. _____ | 76. _____ |
| 52. _____ | 77. _____ |
| 53. _____ | 78. _____ |
| 54. _____ | 79. _____ |
| 55. _____ | 80. _____ |
| 56. _____ | 81. _____ |
| 57. _____ | 82. _____ |
| 58. _____ | 83. _____ |
| 59. _____ | 84. _____ |
| 60. _____ | 85. _____ |
| 61. _____ | 86. _____ |
| 62. _____ | 87. _____ |
| 63. _____ | 88. _____ |
| 64. _____ | 89. _____ |
| 65. _____ | 90. _____ |
| 66. _____ | 91. _____ |
| 67. _____ | 92. _____ |
| 68. _____ | 93. _____ |
| 69. _____ | 94. _____ |
| 70. _____ | 95. _____ |
| 71. _____ | 96. _____ |
| 72. _____ | 97. _____ |
| 73. _____ | 98. _____ |
| 74. _____ | 99. _____ |
| 75. _____ | 100. _____ |