

"KNOW THYSELF AND THE 6 HUMAN DIMENSIONS" with TRAVIS ELIOT

In yoga, the word for dimension is "kosha." Kosha is often translated into dimension, layer or sheath. Understanding these six human dimensions addresses the age old questions of "Who am I?"

THE SIX HUMAN DIMENSIONS are:

PHYSICAL BODY
ENERGY
MIND
HEART
WISDOM
SOUL

Next to each quality below, rate on a scale of 1-10, how well you feel you are doing in that category.
(1 is very poor, 5 is average, and 10 is exceptional. When determining your score consider the last 30 days.)

1) Physical Body

2) Energy

3) Mind

4) Heart

5) Wisdom

6) Soul

After scoring each dimension, determine your lowest score and write it in the space below.

Write 3 specific action items of how you can improve this score for this dimension.

Action Item #1

Action Item #2

Action Item #3

**Lastly, begin to execute your action items, putting your practice into action!
We applaud you for taking the time to do this powerful work.**