



CEC QUIZ:
Practical Theology of the Body For Women Leaders
(1.0 Physical CEC) By: Anna Saucier

Name: _____ Date: _____

1. What does having a relationship with your body look like during the ordinary, unglamorous minutes of your day?

2. We are _____ and _____, not a soul carrying a body along for the ride.

3. Your body carries what?

4. The soul is often _____ by the body.

5. When we experience sudden overwhelm it is the _____ remembering. Not weakness.

6. Your body knows more than your mind can track. What is the ratio of bits of information taken in by the body versus the mind?
 - a) 11,000,000 to 40-50
 - b) 1,000,000 to 50
 - c) 111,000,000 to 40
 - d) Depends on the person



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7. The body makes the _____ visible.

8. What are four ways the body communicates?

9. Your _____ rise up through the body whether or not you're paying attention.

10. What are some patterns we default to when we don't want to hear what the body is saying.?

11. Bypassing the body over and over leads to _____ and _____ from our own story.

12. God never forces _____. He invites and receiving requires _____.

13. What are the 5 pillars of the relationship?

14. Name the 4 simple tools you can use to create a relationship with the body.



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15. What saint said, "The world needs what women have, it needs what women are."

- a. St. Therese
- b. Mother Cabrini
- c. St. Edith Stein
- d. St Joan of Arc

16. Name one thing embodied leadership entails?

Leads others into something more true, service, success measured by how whole others become by your leadership.