



Daily Check-In

A one-page pause for noticing how your day actually feels.

■ ■ Right now

How am I feeling?

What is taking up space in my mind?

What does my body need today?

■ A little perspective

One thing I'm grateful for

One thing I'm proud of

One thing I can let be imperfect today

■ One small intention

Today, I want to feel...

One small thing I can do for myself is...
