

# Daily Check-In

Take 5-10 minutes. Use a word, phrase, or sketch. You may skip any prompt.

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## 1 / What is happening for me right now?

Name feelings, thoughts, or body sensations without judging them.

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## 2 / What do I need today?

Examples: rest, connection, space, nourishment, clarity, or support.

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## 3 / What is one thing I appreciate?

Something ordinary is enough. Mixed feelings can exist alongside gratitude.

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## 4 / My next small step

I will \_\_\_\_\_ by \_\_\_\_\_. Who or what could help?

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