



QUIET CHECK-IN PRACTICE

This sheet guides you through a simple two-minute check-in.

- 1** Find a quiet moment before bed.
- 2** Write one line: 'What am I not looking at?'
- 3** Resist the urge to solve it immediately.
- 4** Acknowledge the thought or feeling.
- 5** Repeat this practice daily for a week.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Named things shrink. Unnamed things run your life.