



START YOUR DAILY CHECK-IN

This sheet guides you through a simple daily check-in practice.

- 1** Choose a consistent moment each day for your check-in.
- 2** Ask yourself: What am I actually feeling right now, specifically?
- 3** Name the feeling honestly, without judgment.
- 4** Let the feeling go without trying to fix it.
- 5** Repeat daily to build the habit.

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

1

FRI

9

SAT

1

SUN

What I noticed this week:

You don't have to solve how you're doing. Just stop refusing to know.