

CHECK-IN CHALLENGE

Want to start daily check-ins? Keep track of each time you practice this quick, simple self-awareness exercise. This will help you make it an everyday habit!

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
AFTERNOON							
EVENING							

How to check in:

1. Pause whatever you're doing and close your eyes or soften your gaze.
2. Notice what's happening in your body - temperature, sensations, etc. Relax any tension.
3. Notice any thoughts or emotions you're experiencing - no judgment, just acceptance.
4. Ask yourself if there's anything you need in this moment.
5. Take a couple of slow breaths. Breathe in through your nose, out through your mouth.
6. Open your eyes and move on with your day with this sense of awareness.

CHECK-IN CHALLENGE

(example)

Sarah	MON 1/11	TUE 1/12	WED 1/13	THU 1/14	FRI 1/15	SAT 1/16	SUN 1/17
MORNING 7am	✓	✓	✓	✓		✓	✓
MIDDAY 11:30am	✓	✓	✓	✓	✓	✓	✓
AFTERNOON 3pm		✓	✓	✓	✓		✓
EVENING 8pm	✓		✓	✓	✓	✓	✓

FAMILY CHECK-IN CHALLENGE

(Initial when you complete a check-in)

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
AFTERNOON							
EVENING							