

A Check-In With Yourself

A two-minute check on how you are doing and what today can hold.

WHEN TO USE THIS

Use this in the morning, or any time you have lost track of yourself.

How steady do you feel right now?

0	1	2	3	4	5	6	7	8	9	10
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All over the place

Steady

In one word, what are you feeling?

Given that number, what does today need to look like?

One thing that would make the next hour easier.

Checking in is not making a fuss. It is how you catch things early.