



DAILY SELF CHECK-IN

- How am I feeling right now?
 - What thoughts am I having?
 - How does my body feel physically?
 - What predictions/assumptions am I making about the day ahead?
 - Is anything from yesterday still impacting me today?
 - What's not working?
 - What's working?
 - What do I need right now?
 - What can I let go of?
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