

Quick Mental Check-In



How am I actually feeling this morning, underneath the automatic "I'm fine"?



What thought has taken up the most space since I woke up?



What does my body seem to need from me today?



What emotion feels strongest right now, and where do I notice it?



What am I carrying from yesterday that I don't want to drag into today?



If I were fully honest with myself this morning, what would I admit?

