

Wellbeing Check-In

Five minutes to notice where you're at, in your mind as much as your body. Rhythm over motivation, always becoming.

NOTICE, DON'T FIX

This isn't about getting it right, it's about noticing where you're at today, in your mind as much as your body.

{BODY}

What did my body need today that I didn't give it?
No judgement, just noticing.

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{HOME}

What's one thing in my space that would make
tomorrow a bit easier?

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{HEART}

Who did I connect with today, even in a small way?

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{SOUL}

What's one soft rhythm I want to return to this
week, not a rule, just a rhythm?

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TODAY, OVERALL

On a worst-case to best-case spectrum, where am I today across Home, Heart, Body and Soul, and can that be okay for now?

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Date: _____ Not therapy or medical advice, just a gentle prompt. If stress or low mood are affecting your daily life, please reach out to your GP.