



CHECK-IN

HOW ARE YOU FEELING?

BREATHE

Take a moment to breathe in and out and ground yourself

FEEL

Check-in with your mind and body. How are you feeling today?

THANK

What things can I name that I am grateful for today?

WANT

Is there something you want to accomplish or do today?

NEED

What are your needs today?

AFFIRM

Take a moment and pat yourself on the back. Celebrate your accomplishments, or name what you like about yourself!