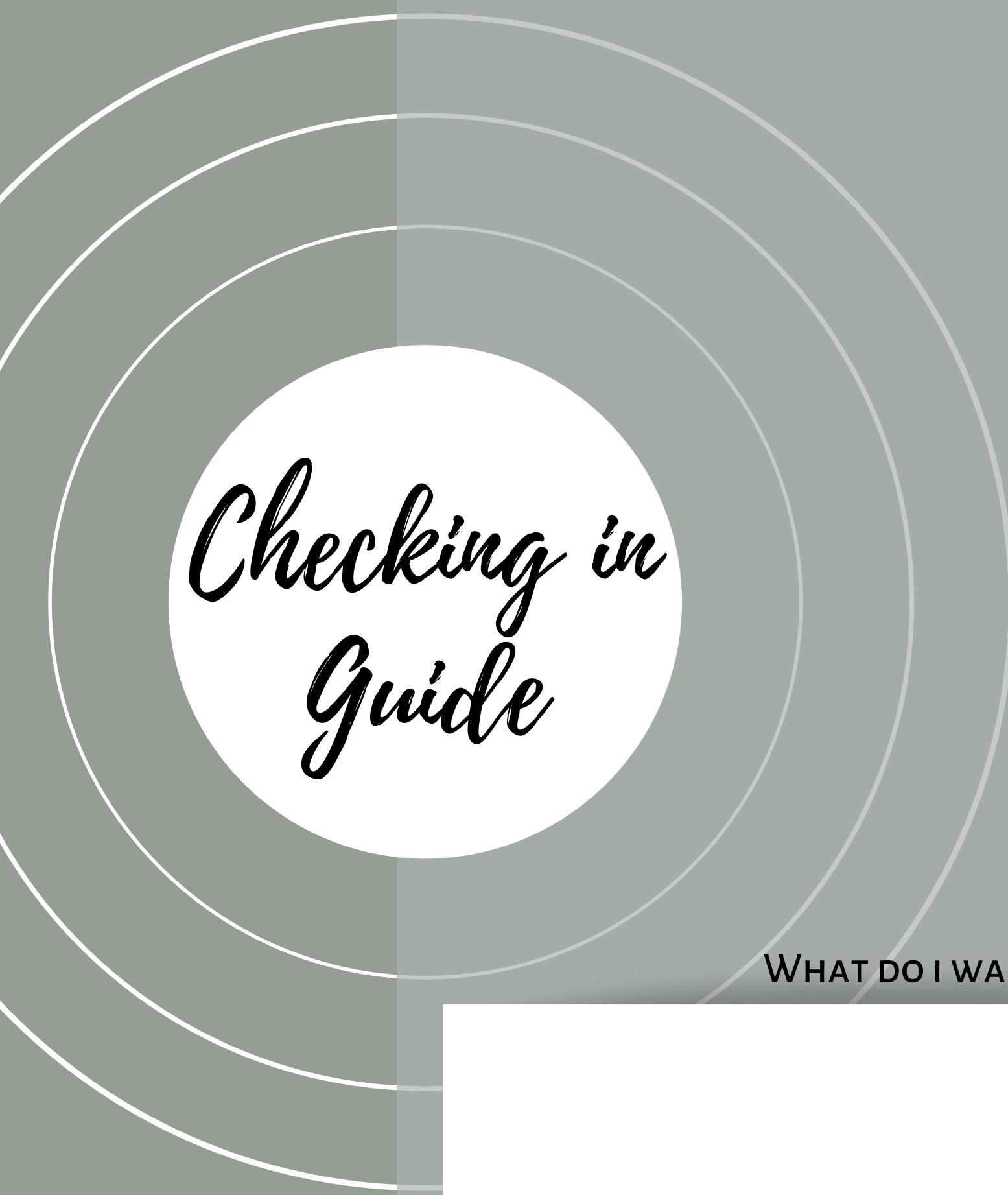
A decorative graphic consisting of three concentric circles and a vertical line that bisects the entire page. The circles are centered in the upper half of the page. The text 'Checking in Guide' is written in a black, cursive font inside the innermost circle.

# Checking in Guide

USE THESE SIMPLE  
TEMPLATES TO HELP  
PRIORITISE REGULAR SELF  
REFLECTION.

PUT MORE INTENTION INTO YOUR WEEK, MONTH & YEAR



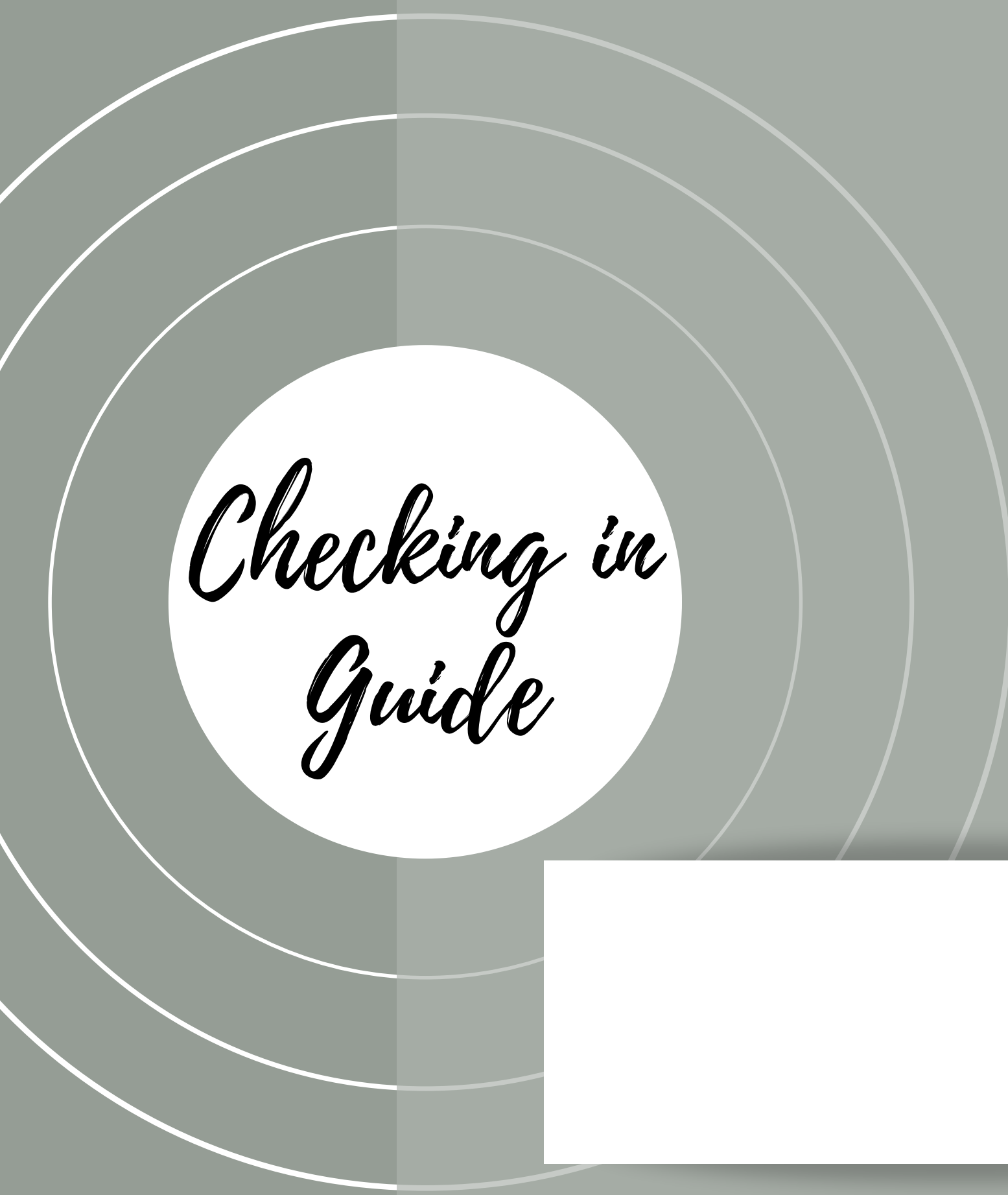
*Checking in  
Guide*

WHAT DO I WANT TO DO THIS WEEK?

HOW DO I WANT TO FEEL THIS WEEK?

I WILL TRY TO...

**START OF THE WEEK**



*Checking in  
Guide*


I FELT GOOD WHEN...

I DIDNT FEEL SO GOOD WHEN...

I WANT TO SPEND MORE /OR LESS TIME ...

I AM GRATEFUL FOR...

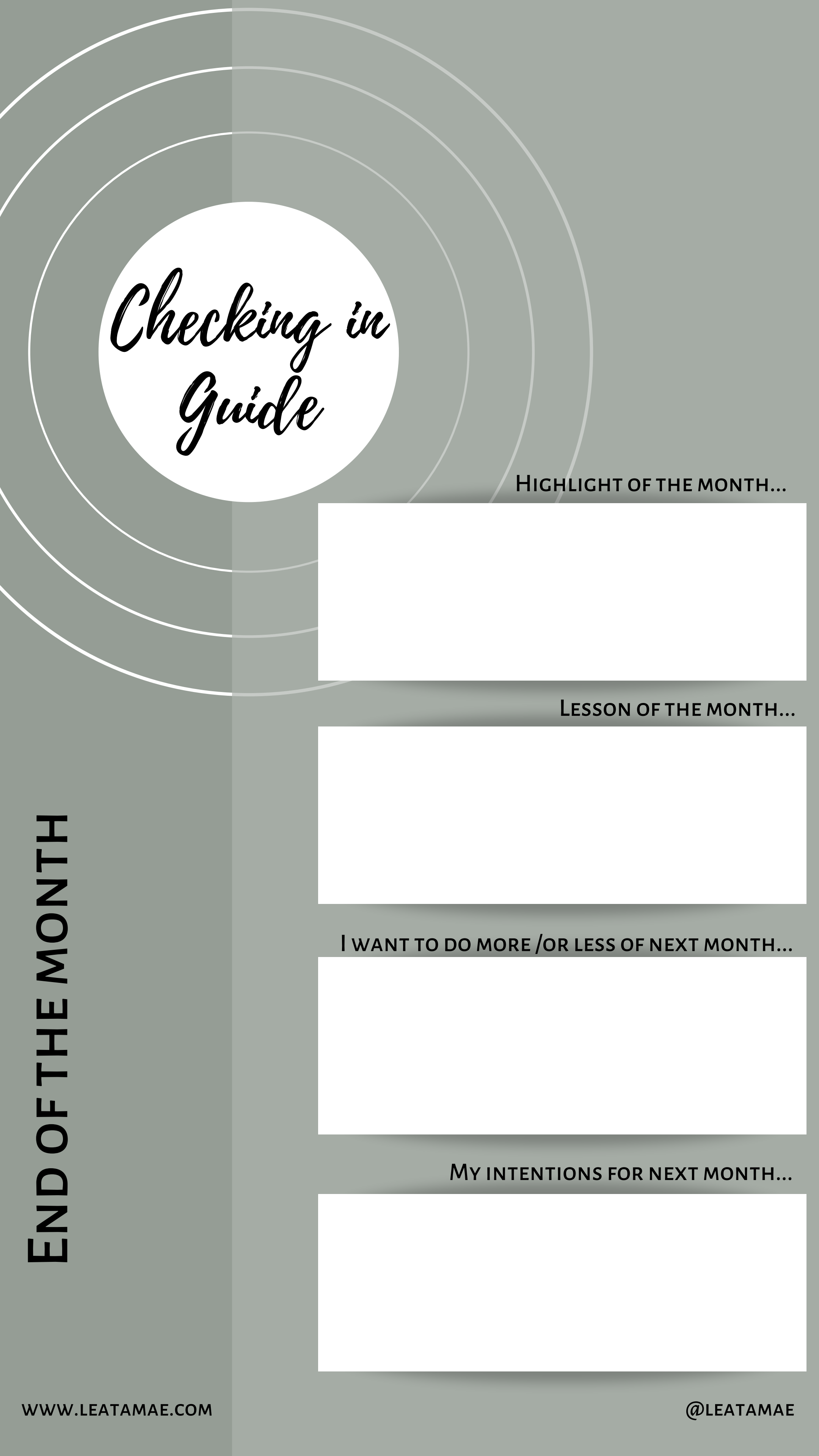
**END OF THE WEEK**



*Checking in  
Guide*

**ROUTINE CHECK LIST**

- HAVE I DRANK ENOUGH WATER?
- HAVE I GOTTEN ENOUGH SLEEP?
- HAVE I FELT SUPPORTED?
- DO I FEEL GOOD WITHIN MY BODY?
- ARE MY BOUNDARIES STRONG?
- HAVE I SPOKEN TO SOMEONE I LOVE?
- HAVE I EATEN ENOUGH?
- HAVE I SPENT SOME TIME OUTSIDE?
- HAVE I LAUGHED?
- HAVE I TAKEN TIME TO BREATHE DEEP?
- HAVE I MOVED MY BODY?
- HAVE I PRACTISED SELF CARE?
- HAVE I HAD TIME AWAY FROM MY PHONE OR LAPTOP?



*Checking in  
Guide*

HIGHLIGHT OF THE MONTH...

Blank white box for highlighting the month.

LESSON OF THE MONTH...

Blank white box for the lesson of the month.

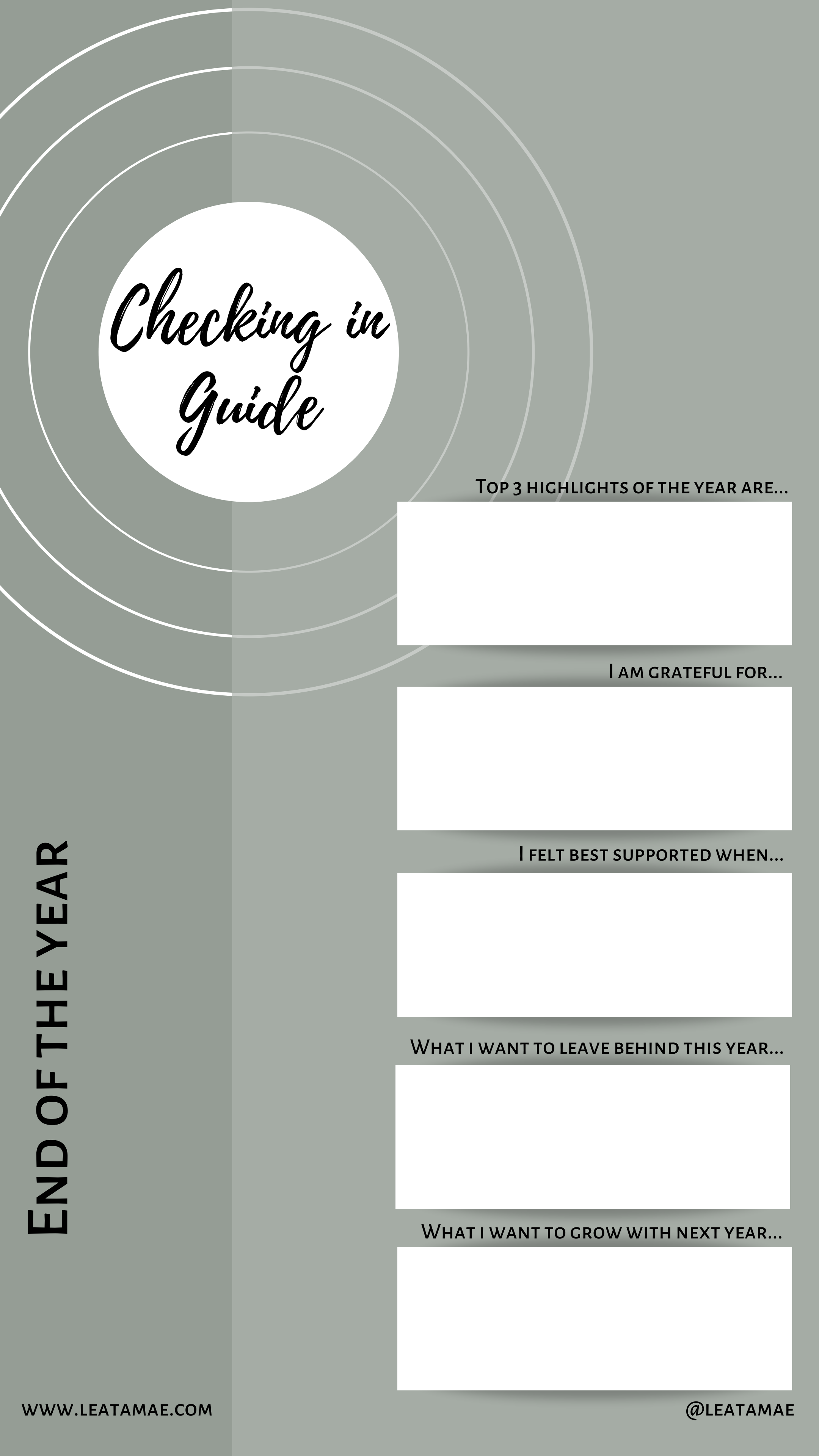
I WANT TO DO MORE /OR LESS OF NEXT MONTH...

Blank white box for intentions for next month.

MY INTENTIONS FOR NEXT MONTH...

Blank white box for intentions for next month.

**END OF THE MONTH**



*Checking in  
Guide*

TOP 3 HIGHLIGHTS OF THE YEAR ARE...

I AM GRATEFUL FOR...

I FELT BEST SUPPORTED WHEN...

WHAT I WANT TO LEAVE BEHIND THIS YEAR...

WHAT I WANT TO GROW WITH NEXT YEAR...

END OF THE YEAR