



A Self-Care Check-In

A daily invitation to pause, sense, and return to yourself.

SENSE my surrounding

- ☐ 1 thing I can see:
- ☐ 1 thing I can hear:
- ☐ 1 texture I can touch:
- ☐ 1 scent around me:
- ☐ 1 taste I remember or feel:

SOOTHE my nervous system

Sip something warm | Sway gently | Wrap in a blanket | Breathe deeply

STRETCH or still my body

Movement or stillness -what do I need today?

SPEAK kindly to myself One thing I need to hear right now is

SET one gentle intention

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