

A true check-in with yourself

It's easy to slip into autopilot. Taking a moment to pause and reflect can help you reconnect with what matters most to you. Please use the prompts below to check in with yourself – what's serving you well and what might need to change. Come back to this practice regularly to stay tuned in with yourself and on track.

Right now, I feel
conflicted

EXAMPLE

because *my work friend was sacked. I'm sad for her but also relieved I still have a job.*

Right now, I feel

because

What I need most is

and one thing I can do to meet that need is

A challenge I'm facing right now is

and I can work through it by

Some things I feel anxious about are

and I can help ease my anxiety by

Something I need to let go of is

and a step I can take that is

Something interesting I learnt recently is

Something I'm avoiding but should face is

and I can begin by

When I think back on the past month, I was mostly feeling

because

Something I'm proud of or recently achieved is

When I need support, I know I can turn to

Some of the most important people in my life are

Something that brings me joy is

I'm grateful for

because

I'm looking forward to

because

Sources:

Calm, [10 mindfulness questions to help you check in with yourself](#), 16 Jan 2025.
The University of Edinburgh, [Self-reflection for wellbeing](#).
Walden University, [Why self-reflection is key in great leadership](#).

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