



Reflections for Check-in before and after

Physically –

How am I feeling in my body?
How have I been sleeping?
Are there any tense or pain areas in my body?
How is my energy level?

Emotionally–

How has my mood been?
What is my level of stress and anxiety?
How satisfied am I in my primary relationships?
How often do I feel stuck, angry or frustrated?
Have I been feeling depressed?

Mentally –

What has been the quality of my thoughts?
Are my thoughts uplifting or negative?
Have I been obsessing or overindulging?
How have I been honoring myself?

Spiritually –

How aligned do I feel with myself?
How connected do I feel with God or a higher being?
How present do I feel in my Now?
Am I fulfilling my life purpose?
How connected do I feel with my intuitive guidance?