The following are some prompts for a daily check-in.

Please use this at the same time of day, taking a few moments to review and adjust your intention and focus.

1. One word to describe how I feel today is:
2. One word that will be used as my anchor to create or expand upon my positive mindset is:
3. What is one thing I am doing today to move me a little bit closer to my goal? *(Hint: this can be a way of thinking, an action, a ceasing of an action, change in words or behaviours…)*
4. What is one thing I am grateful for today?
5. How am I grounding myself today?

My goal to:

… is precious and important to me because….