Emotional Wellbeing Check-In

Check the boxes of the activities you did for yourself today.

- What are you grateful for today?
- What expectations of "normal" did you let go of today?
- Did you meditate or practice deep breathing?
- Who am I checking in on or connecting with today?
- Did you share joy with someone?
- Did you move your body?
- Did you do show kindness?
- Did you do something meaningful?
- Did you laugh or smile?
- What beauty am I either creating or inviting in today?