



Self Check-In Writing Prompt

This writing guide is designed to help you pause, reflect, and connect with your emotional and mental state. Use it whenever you feel scattered, low, overwhelmed, or simply want to better understand where you are right now.

Writing Prompt

Take a moment to breathe. Get comfortable. Then write freely using the following prompt. There's no wrong way to do this. You can type it out, use pen and paper, or even speak your thoughts aloud if that feels better.

Prompt:

- *Right now, I notice...
- *In my body, I feel...
- *Emotionally, I would describe myself as...
- *What I really need right now is...
- *One small thing I could do to support myself today might be...

If you find yourself stuck, start your sentences with 'I notice' or 'I feel' and just let it flow without judgment.

A Gentle Reminder

This is not about fixing yourself. It's about being with yourself. Every moment of honest awareness is a step toward peace, clarity, and groundedness.

