

Check-In Guide

These check-in questions are designed to help you assess your physical, emotional, and relational well-being. They can be used periodically to reflect on your progress and identify areas for growth. Whether you're seeking greater balance, stress reduction, or improved relationships, these questions can help you get clarity on where you might need additional support.

Physical Health and Well-Being

- Energy Levels - How have your energy levels been recently? Are there times when you feel unusually energetic or fatigued? What might be influencing these fluctuations?
- Digestion - Describe your digestion. Have you noticed any discomfort or irregularities? Which foods or practices might be affecting it?
- Sleep Quality - Reflect on your sleep patterns. Are you getting enough rest? What factors contribute to restful sleep or disturbances?

Emotional and Mental Health

- Emotional Balance - How have your emotions been? Have you experienced stress, anxiety, or irritability? What practices help you maintain emotional equilibrium?
- Mental Clarity - Describe your mental clarity. Are you able to focus and stay present, or do you often feel distracted? What helps improve your focus?

Relationships and Social Connections

- Relationship Health - How are your relationships with family, friends, and colleagues? Are there any conflicts or areas for improvement? How can you foster relational harmony?
- Social Activities - Reflect on your social interactions. Do you engage with others regularly, or do you feel isolated? What can you do to build meaningful connections?

Practices and Lifestyle

- Daily Routine - How consistent is your daily routine? Are you following practices that prioritize self care? What changes could improve consistency?
- Diet and Nutrition - Describe your diet and nutrition. Are you eating foods that support your health? What adjustments might be needed for better balance?
- Exercise and Movement - Reflect on your physical activity. Are you exercising regularly in a way that supports your fitness? What activities do you enjoy most?

Personal Growth and Reflection

- Self-Discovery - What have you learned about yourself recently? Where have you experienced growth or change?
- Goals and Aspirations - Reflect on your goals and aspirations. Are they aligned with your values and highest good? What steps can you take to move closer to your goals?

By answering these questions, you can gain valuable insights into your well-being and discover ways to improve balance and harmony in your life. Use this check-in regularly to track your progress. For additional support, schedule an appointment.