

# A true check-in with yourself

It's easy to slip into autopilot. Taking a moment to pause and reflect can help you reconnect with what matters most to you. Use the prompts below to check in with yourself – what's serving you well and what might need to shift. Come back to this practice regularly to stay tuned in with yourself and on track.

**Right now I feel**

*conflicted*

**EXAMPLE**

**because** *my work friend got laid off. I'm sad for her but also relieved I still have a job.*

**Something I'm avoiding but should face is**

**and I can begin by**

**Right now I feel**

**because**

**When I think back on the past month, I mostly felt**

**because**

**What I need most is**

**and one thing I can do to meet that need is**

**Something I'm proud of or recently achieved is**

**A challenge I'm facing right now is**

**and I can work through it by**

**When I need support, I know I can turn to**

**Some things I feel anxious about are**

**and I can help ease my anxiety by**

**Something that brings me joy is**

**Something I need to let go of is**

**and a step I can take to do that is**

**I feel grateful for**

**because**

**Something interesting I learned recently is**

**I look forward to**

**because**

## Sources:

Calm, [10 mindfulness questions to help you check in with yourself](#). Jan.16, 2025.

The University of Edinburgh, [Self-reflection for wellbeing](#).

Walden University, [Why self-reflection is key in great leadership](#).

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