

Daily Check-In

Care is daily. A few minutes to come home to yourself.

MIND

- ☐ I Tapped-In — 60 seconds, hand on heart
- ☐ I named what I'm feeling — no bypassing
- ☐ I found one “I GET TO”

BODY

- ☐ I ate — and got some protein
- ☐ I drank water
- ☐ I moved my body, even a little
- ☐ I rested
- ☐ I freshened up

SPIRIT

- ☐ I said hello to my Divine Team
- ☐ I named one gratitude
- ☐ I noticed a sign / trusted my intuition

Welcome home.

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