

# Daily Check-In (Tuning Into Yourself)

by Rebecca McLean

When you are aware, you are halfway there! When you are aware of what is giving you positive energy or what is negative or draining your energy, you become a person who has power! The power is in becoming awake and aware enough to make positive choices.

Who you spend time with, what you eat, what you surround yourself with, what you focus on, and what you give your energy and attention to are all *choices* that you make. Remember, *you can choose!*

Using this simple check-in practice will help you to self-correct the habitual patterns that are not serving you—and shift to habits that support you!

Ask yourself:

- How do I feel right now? (Check-In Time)
- What am I feeling in my body right now? (Physical Check-In)
- What am I thinking about? What is my mind focused on? (Mental Check-In)
- How am I feeling right now? (Emotional Check-In)
- What is surrounding me (people, sounds, smells, temperature, personal space, and so on), and how is it affecting me? (Environmental Check-In)
- Do I feel spiritually connected? (Spiritual Check-In)

Now that I am aware, what can I do to experience more positive energy and support right now?

**Physically:** Breathe deeply, drink water, stretch, get nutrition, adjust posture, step outside...

**Mentally:** Focus on solutions, give yourself positive or supportive, self-talk...

**Emotionally:** Write down your feelings, talk over feelings with someone trustworthy, create a safe place to release emotions appropriately...

**Environmentally:** Establish healthy personal boundaries, diminish stressful impacts, create soothing and healthful surroundings...

**Spiritually:** Meditate, pray, read something “spiritual,” commune with nature or spiritual people, schedule quiet time...

Just check in and use the power of the present moment to choose the thoughts and actions that support your highest good. Experiment with this practice for a week. Share your experience with your support group, support buddy, or coach...or note it in your journal.