

Your Weekly Reset

A simple check-in to help you reset, refocus and take small steps toward a more balanced you.

1. CHECK-IN *How are you doing right now?*



BODY

Energy, movement, sleep, nourishment

1 2 3 4 5 6 8 9 10

LOW HIGH



MIND

Thoughts, stress, focus, mental space

1 2 3 4 5 6 8 9 10

LOW HIGH



CONNECTION

Relationships, support, feeling seen & heard

1 2 3 4 5 6 8 9 10

LOW HIGH



JOY

Fun, creativity, play, doing what lights you up

1 2 3 4 5 6 8 9 10

LOW HIGH



GROWTH

Purpose, learning, progress, feeling aligned

1 2 3 4 5 6 8 9 10

LOW HIGH



Look at your scores above... where do you need a little more attention?



2. YOUR DAILY WELLBEING IDEAS

List small things you can do each day to support each area.

BODY	MIND	CONNECTION	JOY	GROWTH

3. TODAY, NOT TOMORROW



Choose one small thing from your list above and commit to it today.

Today, not tomorrow, I will:

I did it!

How did it make you feel?



CHECK IN AGAIN NEXT WEEK.

Small steps, every day, lead to a balanced life.