



Morning and evening check in

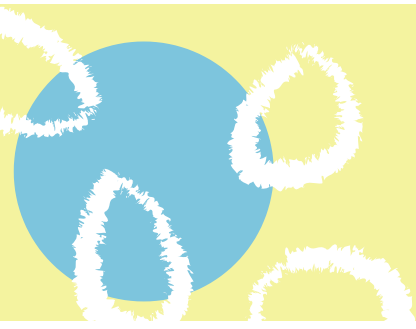
"Every morning we are born again. What we do today is what matters" - Buddha

Using this form or your journal, take a few minutes as soon as you wake up to connect with what you are grateful for. This could be as simple as your morning coffee or your warm bed. Spend some time thinking about how you can make today a good day. If you want to, you can also pick an affirmation that you can go back to during the day, especially when experiencing a challenging or difficult moment. An example of this could be: "Today I am trying the best that I can", "I am kind to myself today."

List 3 things I am grateful for:

- 1.
- 2.
- 3.

How can I make today great? Is there an affirmation I can keep in mind in my day ahead?



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"Change is about interrupting the habits and patterns that no longer serve you" - Edith Eger

Before going to bed, find a few minutes to answer the two questions below. Reflect on what was positive in your day, regardless of how small this might have been. Our mind is more inclined to remember the negative things which happen to us, so this practice really rewires your thinking to start focusing on what is good. It is incredibly effective when practiced daily.

Ask yourself how you could have loved yourself more. You might have caught yourself being critical of something you did or said, or you have put others before your needs. Remember to treat yourself with kindness as you answer this question.

What has made today an amazing day?

How could I have loved myself more?