

Ritual: The Daily Check-In

Make this a daily practice—morning or evening, just 5 minutes.

The 5-Minute Check-In

1. **Sit quietly.** Close your eyes. Take 3 deep breaths.
2. **Scan your body.** Where is there tension? Ease? Numbness?
3. **Ask yourself:**
 - “What shadow showed up today?”
 - “What part of me was reacting?”
 - “What do I need right now?”
4. **Place your hand where you need it most** (heart, belly, forehead).
5. **Say:**

“I see you. I accept you. We are whole.”

Track your consistency: ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ Su