

Mind Balance Check-In

A reflection tool to explore emotion, logic, and balance

Instructions: Think of a decision or situation that feels unresolved. Then, write from each voice within you.

The Thinking Voice

What facts do you know? What's the logical next step?

The Emotional Voice

What do you feel strongly about? What do you fear or hope for?

The Centered Voice

If both voices had a say, what's the wise middle path?

Optional Prompt: What action will you take next?
