

DAILY PRACTICE: Emotional Check-In

Set a timer for midday. When it sounds, get still.
Ask: "What am I feeling?" Name it. Breathe into it.

AFFIRMATION

"My feelings are messengers, not threats. I'm grateful for what they reveal."

MYSTIC ECHO

"Feelings are much like waves. We can't stop them from coming, but we can choose which one to surf."
– Jonatan Mårtensson