

Inner-Self Check-in

Do you...

- Schedule in time for yourself
- Take time to sit, think and reflect
- Show compassion towards yourself
- Allow yourself time to heal when you are hurt
- Have conversations with yourself
- Have a written list of your strengths
- Accept what you cannot change
- Make wise decisions
- Trust your gut
- Honour yourself (put yourself in the picture)
- Not compare yourself to others
- Celebrate your successes, big and small
- Journal your thoughts
- Have your values written down
- Freely express your emotions

