



# ‘Honouring You’

## A Daily Check-in to keep the promises you tell yourself

When you check in with yourself, you send a powerful message: my word matters. Honouring You is about building trust with yourself, promise by promise, moment by moment. It's not about grand gestures, but about the small daily acts that remind you that you are worthy of your own commitment. Each check-in is a chance to realign, to choose yourself, and to step forward with confidence.

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PUBLISHER: LISA KING  
LISA@PUREPOTENTIAL.GLOBAL



My name is Lisa King, I am a Selfloveologist , and I would have loved to have had this resource when I was flying around, making sure everyone else was okay. Working myself into the ground, and having my PhD in People Pleasing. And you've guessed it, checking in on me was never at the forefront of my mind at all, EVER. That is why I am passionate to share the importance of making sure you are checking in on you. After multiple burnouts, and a life changing breakdown, I truly know the importance of making sure you are filling your own cup, putting the oxygen mask on yourself, because without it, others just get whats left of you, and not the best of you.

Is it time to begin that journey, or, maybe you just need reminding of the importance of checking in on you. Have you had something significant happen? Maybe, you feel something significant may happen if you do not make positive change now, then I promise you, this will be a priceless resource for you.

*Lisa King*



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## 1. Introduction to 'Honouring You'

Simply, the What are Daily Check-ins. The Why are Daily Check-ins important, and the How can Daily Check-ins be life-changing.

## 2. How to Use Your 'Honouring You' Check-ins

There are 1440 minutes in a day, and you only need to use less than 15 minutes in your day to make this happen. This explains how...

## 3. Your Confidence Daily Check-In

Reminding you that Confidence is not a personality trait, its situational, and these check-ins will remind you of that and how to keep on track to achieve/start what you want to do.



## Introduction to 'Honouring You'

How many times have you sat down at the end of the day and thought to yourself, 'Where has the time gone', 'I haven't done this..' 'I haven't done that...' and then you start worrying about all the things you have to do tomorrow. Your stress levels go up, your body is agitated and you are now worrying about tomorrow, and you haven't even got to the end of today yet. How do I know, because I've been there, multiple times before.

This is why I have created 'Honouring You' - these are daily check-ins, because without them I believe you are not helping yourselves to live your most energised, truest, and most regulated selves. You are running your days on autopilot, same s\*\*t different day ring a bell? And I truly believe that by allocating a few very short pauses in your day, you can significantly improve the quality of your day, your health and your mental wellbeing. Not bad for 15 minutes a day.

Four simple, short check-ins throughout your day, pausing to check-in, to take stock, and to realign and reconnect to yourself. This not only stops things from spiralling, it is also a fantastic way to keep yourself on track, accountable, and who knows, you may even want to celebrate your achievements at the end of the day.

# How to Use 'Honouring You'

'I just don't have enough time...'

HEAR ME OUT. There are 1440 minutes in a day. Let's say you have 8 hours sleep, I know, that's more than you normally have. Then that's a bonus, as that means you'll have even more time to Honour Yourself and do your check-ins :-). Anyway back to the timings. Even if you have those 8 hours sleep, that's 480 minutes sleeping, that still leaves you 960 minutes in your day. Let's say you do an 8 hour working/busy personal day, (and I know you may do more, or less than that, that's another 480 minutes off of the time. That still leaves you with another 480 minutes, that's 8 hours worth of minutes to fit in just 15 minutes for your check-ins.

The problem is it's never about the time you have, it is about the fact that you haven't YET started to PRIORITISE YOU, for those 15 minutes a day. And that is about to change.

I get it, I really do. You feel it's selfish, it's lazy, there's other things you could be doing, it's not a priority, AND THERE LIES THE PROBLEM. We are conditioned/programmed to believe that self care is selfish, that we have to put others first. So here's a question, if you burnout, have a breakdown, fall ill, cannot look after others, what happens then? What if I told you that you could avoid all of that simply by using those 15 minutes to do these check-ins. If at first you cannot do it for yourself, do it for those in your life that need you, the healthier you, the more energised you. Do it for them. I might sound harsh, I say it with LOVE, I truly do, it's just that sometimes we need stronger words to get the message across. And I'm not going to hold back because you are important, you are loved, and you are needed. So, let's get started XXXXX

## Next Steps...

You will see on the next couple of pages the Confidence daily check-in, taken from the 'Honouring You' Daily Check-ins Series.

Follow the process below for the check-in: (I repeat it on the check-ins too)

1. Before you actually do the practical step, you complete the identity statement whilst doing the PRE-action nervous system action. This is to set yourself up to win, before you take action.
2. Choose which one of the three practical steps you are going to do for that particular check-in.
3. Then you actually DO the practical step.
4. The last piece is to do the POST action for your nervous system, this is to remind yourself that you are safe after completing the step. You have then completed the cycle from start to finish.

# 01 Morning Check-in

## *Honouring My Foundation*

*I begin the day rooted in self-trust, safety, and inner steadiness*

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1-Say this pre-action identity statement with nervous system action - With hand on your heart, breathe in for 4, out for 6 and say - 'I am someone who trusts myself and meets the day with calm, grounded confidence.'

2-Choose one of the three practical steps below that feels supportive:

- Speak an affirmation out loud (e.g. 'I trust myself to handle whatever comes.')
- Move your body gently (stretch, shake out tension, or step outside)
- Feel your body being supported. Let yourself BE before doing anything.

3-Now do the step you chose from the three practical steps above.

4-Post-action nervous system reminder - Pause. Notice your body. Say 'There is no rush. I am allowed to move at the pace of confidence.' Take a slow breath and soften your shoulders.

# 02 Midday Check-in

## *Honouring My Alignment*

*I return to myself and align with who I am, no matter what is happening around me.*

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1-Say this pre-action identity statement with nervous system action - With hand on your heart, and say - 'I am someone who stays connected to myself, even in the middle of everything.'

2-Choose one of the three practical steps below that feels supportive:

- Acknowledge one thing you've done well so far today
- Reset your posture (open your chest, lift your chin)
- Reaffirm a boundary/decision that supports your self-worth

3-Now do the step you chose from the three practical steps above.

4-Post-action nervous system reminder - Hand on your heart. Slow exhale: 'I am safe to pause. I am still in control of my energy.'

confidence

# 03 Afternoon Check-in

## Honouring My Expression

*I allow myself to be seen, heard, and fully expressed without shrinking.*

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1-Say this pre-action identity statement with nervous system action - With hand on your heart say - 'I am someone who expresses myself fully and takes up space with ease.'

2-Choose one of the three practical steps below that feels supportive:

- Offer a genuine compliment or connection to someone
- Complete one task you have been avoiding (or a small step)
- Speak up or share your opinion in a moment you might usually hold back

3-Now do the step you chose from the three practical steps above.

4-Post-action nervous system reminder - Relax your shoulders: 'It's safe for me to be seen. I handled that.' Take a slow exhale.

# 04 Evening Check-in

## Honouring My Growth

*I recognise, integrate, and celebrate the confident person I am becoming.*

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1-Say this pre-action identity statement with nervous system action - With hand on your heart, take 3 slow breaths, say - 'I am someone who recognises my growth and celebrates it.'

2-Choose one of the three practical steps below that feels supportive:

- Write yourself a short note of appreciation today
- Create a calming routine (quiet time, breathwork, nature)
- Reflect on 3 moments you showed confidence today

3-Now do the step you chose from the three practical steps above.

4-Post-action nervous system reminder - Long exhale: 'I did enough. I am enough. It's safe to rest.' Let your body relax.

confidence



# ‘Honouring You’

The full ‘Honouring You’ Daily Check-in Series, with over 30 Daily Check-ins, on incredible topics, is available on pre-order for just £22 for a limited time.

If you would like to order yours simply click the link below, and you will receive your Daily Check-in Series upon its imminent launch ....

Here is the link:

<https://buy.stripe.com/cNifZhgyQ8VO03h2U96g80y>

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