



# '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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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 what's left of you, and not the best of you.

If it's time to begin that journey, maybe you just need reminding of the importance of checking in on you, or even that you have had something significant happen, or you feel something significant may happen if you don't make change now, then I promise you, this will be a priceless resource for you.

*Lisa King*



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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. The Nervous System Regulation Daily Check-in

A daily method with practical tools, to help you to keep your Nervous System regulated and in check.



## 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'

Just to bust the time myth - 'I just don't have enough time...' - that was me, busy being busy, and then I was reminded of this below...

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 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 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 what needs 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. It 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 few pages the Nervous System Regulation Daily Check-In, taken from the 'Honouring You' Workbook.

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

1. Choose which one of the three suggested practical steps you are going to do (or create your own if that feels right for you), for that particular check-in.
2. Before you actually do the practical step, you complete the identity statement whilst doing the PRE-action nervous system safety element, all clearly shown to you, and it only takes 2 minutes. This is to set yourself up to win, before you take action.
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 Baseline*

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

- On waking up - place a hand on your heart and notice your first few breaths - no need to change them.
- Do a slow head to toe body scan, simply notice what feels calm, tense or awake.
- Step outside or to a window, spend two to three minutes enjoying the sunshine/natural light.

2-Say this **pre-action** identity statement and nervous system action whilst taking a gentle inhale and longer exhale before you begin. 'I am someone who meets my body with curiosity, not control' -

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

4 **Post-action** nervous system reminder - Whisper - 'I am safe to arrive in my body'.

# 02 *Midday Check-in*

## *Honouring My Capacity*

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

- Pause and ask yourself? 'What is my energy level right now - high, medium or low?'
- Take nervous system micro-break-60 sec-slow breathing, stretching or stepping away from stimulation.
- Eat or drink something nourishing and notice its texture, taste and temperature.

2-Say this **pre-action** identity statement and nervous system action, whilst you let your breath lengthen and soften before taking action. -'I am someone who listens to my body's cues and adjusts with kindness'-

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

4 **Post-action** nervous system reminder - Say softly - 'It is safe for me to honour my pace'.



# 03 *Afternoon/Evening Check-in*

## *Honouring My Regulation*

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

- Notice your nervous system state - Activated (fight/flight, shutdown (freeze), balanced (regulated).
- Do a grounded exercise: feel your feet, press your palms together, or place both hands over your heart.
- Take three deep sighs - inhale through your nose, exhale audibly through your mouth.

2-Say this **pre-action** identity statement and nervous system action whilst taking a grounding breath, lengthening your exhale - 'I am someone who can bring myself back to calm. My body knows how to regulate'

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

4 **Post-action** nervous system reminder - Gently rock your body or sway side to side. Say 'I am safe to settle'

# 04 *Evening Check-in*

## *Honouring My Restoration*

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

- Do three sets of slow breathing: inhale for 4 secs, exhale for 6, feeling your body relax.
- Gently tense and then release your muscles from head to toe, letting go of the day.
- Visualise a warm light of safety wrapping itself around you as you prepare for sleep.

2-Say this **pre-action** identity statement and nervous system action whilst taking a slow, deep breath - 'I am someone who allows rest to restore me'.

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

4 **Post-action** nervous system reminder - Place a hand on your chest and whisper 'I am safe to rest'.











# 'Honouring You'

The full 'Honouring You' Daily Check-in Workbook, with over 30 Daily Check-ins, on incredible topics, is available on pre-order for just £22 for all subscribers/live attendees, for a limited time. The full price of £44 will apply once launched.

If you would like to order yours simply click the link below, and you will receive your workbook upon launch shortly....

[Click here to pre-order the full 'Honouring You' PDF](#)