



The Check In

*7 questions for people who are holding it together
and still not feeling okay*

A private five minute check in to notice what is happening beneath the functioning,
and what you may need right now.

1 What am I feeling right now, underneath the functioning?

2 What happened right before this showed up?

3 What am I telling myself I need to keep doing?

4 Is this a fact, or is this the story I built to keep going?

5 What do I need that I have not let myself ask for?

6 What have I been carrying that was never mine to carry?

7 What is one small next step I can choose for myself?

You do not have to fall apart to get honest about what is happening.