



The Personal Check-In Practice

A FOUR WEEK PRACTICE

Four weeks. Four questions each week. One page at a time.

This is a short practice for people who keep functioning and still feel the weight of what they are carrying. It does not ask you to take anything apart. It asks you to check in with yourself honestly, once a week, for four weeks.

Each week has its own focus. You notice first, then you listen, then you set down what was never yours, and then you choose what happens next. The order matters, but the pace is yours.

HOW TO USE THIS PRACTICE

- 01 **PICK A TIME YOU CAN PROTECT**
Same day each week, about fifteen minutes. Choose a time you can actually keep rather than the one that sounds ideal. The repetition is what matters.
- 02 **WRITE BEFORE YOU EDIT**
Put down the first honest answer, not the well worded one. No one else is reading these pages.
- 03 **ONE WEEK AT A TIME**
Do not read ahead or fill it all in at once. The value is in noticing what changes between the weeks.
- 04 **MISSING A WEEK IS FINE**
Pick it back up where you left off. A gap is information too, not a failure.
- 05 **AFTER THE FOURTH WEEK**
Keep these pages. The final page walks you through reading all four weeks together and choosing one thing to carry forward.

You do not have to fall apart to heal.



Notice

AWARENESS

*Before anything changes, you have to hear yourself clearly.
This week you are only collecting information.*

01

What kept running in the background this week, underneath the functioning?

02

When did I sound harshest with myself, and what was happening right before?

03

What did my body notice before my thoughts caught up?

04

What am I aware of now that I was not aware of on Monday?

You cannot change what you have not let yourself notice.



Listen

NEEDS AND SUPPORT

Noticing is not enough on its own. This week you listen for what you need and what you have been going without.

01

What did I need this week that I did not say out loud?

02

Whose expectations was I working to meet, and did they ever actually ask?

03

Where was support available that I did not reach for?

04

What is one thing I could ask for, and who could I ask?

Needing something is not the same as needing too much.



Release

WHAT YOU ARE CARRYING

*Some of what feels heavy was handed to you, and some of it
you picked up so long ago that you stopped noticing the weight.*

01

What felt heaviest this week, in plain words?

02

Which part of that is actually mine, and which part belongs to someone else?

03

What have I been carrying out of habit rather than out of choice?

04

What would it look like to carry this differently instead of perfectly?

Setting something down is not the same as giving up on it.



Choose

WHAT COMES NEXT

*Before you answer, read back through Weeks One, Two, and Three.
This is where four weeks of noticing becomes a decision.*

01

Looking back at Week One, what can I see now that I could not see then?

02

What do I want to protect going forward?

03

What am I no longer willing to keep repeating in the same way?

04

What is my next step, and when will I take it?

You only need one clear next move.



AFTER FOUR WEEKS

Looking Back

WHAT YOU FOUND AND WHAT COMES NEXT

*Read all four weeks together, in one sitting.
This time, read them as one story rather than four separate weeks.*

01

What repeated across all four weeks?

02

What is different in how I speak to myself now?

03

What am I carrying forward, and what am I leaving here?

MY NEXT STEP IS:

I WILL TAKE IT BY:

WHERE TO GO FROM HERE

Keep these pages. Return to the practice whenever things start to feel heavy again.

If this was useful, the writing continues at Blossom and Healing, where I write for people who function, keep going, and still want somewhere honest to put it down.

BLOSSOMANDHEALING.COM

This practice is offered for personal reflection. It is not psychotherapy and it is not a substitute for individualized mental health care. Using it does not establish a therapist-client relationship.

