

A Moment to Pause: A Guided Check-In Meditation Worksheet

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Use this short reflection to reconnect with your inner self.
This practice helps you notice what's happening within – gently, without judgment – and begin cultivating safety and compassion inside.

STEP 1: SETTLE IN

Find a quiet space or put on headphones. Sit comfortably or lie down, feet flat and arms relaxed. Close your eyes or soften your gaze on one point in the room.

Take a deep breath in... and out. Let your body begin to soften.

STEP 2: CONNECT TO YOUR BREATH

Notice the gentle rise and fall of your chest.

Let your breath anchor you – no need to force or control it.

Each exhale is an invitation to release. **PROMPT: As I breathe, I notice...**

STEP 3: NOTICE WHAT'S WITHIN

Turn your attention inward.

What sensations, thoughts, or emotions are here right now?

You don't have to fix or change them – simply listen with curiosity.

PROMPT: Something asking for my attention right now is...

STEP 4: OFFER SAFETY TO YOURSELF

As you breathe deeper, allow yourself to feel safe just being here. Whisper gently to yourself: "It's safe for me to be here." "I can be gentle with myself right now."

PROMPT: What does safety feel like in my body?

TAKE ONE LAST DEEP BREATH.

NOTICE ANY SHIFTS — MAYBE A LITTLE LIGHTNESS, CALM, OR PEACE.

THIS IS YOU RECONNECTING WITH YOUR INNER SELF

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Book a session with Michael.


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