

check IN

8 steps to well-being:
a toolkit to build
self-awareness.



now this is me.

EXPERIE

the

notice.name.

sky

tree

person

shoe

possible

cheo

phys

notice.name.

sky

person

tree

shoe

POSSIBLE

Love that

Compass aware

without...

compassionate
awareness

criticism

5 senses

5 senses



notice.

enough

comfortable or
uncomfortable?

check
IN

I. Physical Environment

I tune into myself and others when I check in to my social environment

I observe my surroundings...
I witness by reactive experience...
I notice myself let go...

Observer

SOCIAL ENVIRONMENT:

As you check in to your social environment you are cont
allowing for that sense of safety can slow down the rea
As you intentionally soothe your reactive brain by bring
you can access the benefits of the present moment which
self and
Observe
it..allow
outside of you. Notice your surroundings without creati
without comparison, and without any criticism of self

OWN.NOW.WON.

check IN social environment

I check IN to the social
environment when I practice:

allow.release.

e-motion

check IN

2. Social Environment

IAL ENVIRONMENT

When I do this, I own my exper
opportunity to choose my be

I uncomfortable?

too
much
Fight
flight

Discomfortable

Notice. Name. Feel. Release.

↳ BE THE O
↳ W

↳ Compassionate Awareness.

↳ E-motion energy in motion

Feelings are to be felt and experienced Co
then the energy is released

I check in to my physical body. My body is energy. Breath moves energy.
I notice discomfort. I breathe into discomfort. I breathe out the
discomfort.

...heels...bottom of feet...

lower leg...knees...upper leg...hips...

everything is energy

...chest
...shoulders...arms...fingers...

neck...face...head

own the experience in the now
to choose my behavior.

* tense
(rock on)

* positive self talk

tense and release

I check IN to the physical body
when I practice:

superhero pose

have.
allow.

③ Listening

breathe in to discomfort

to listen to your body.
What is it feeling right now?
Is it trying to
tell you something?
Is it peaceful and content?

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ro pose

check IN

3. Physical Body

check into my emotional body by naming FITS instead of having FITS.

Feelings
Impulses
Thoughts
Sensations

FITS

Sinst OWN.FITS.NOW.WON.

Feelings
Impulses

I observe, witness, and notice
and by doing so I have WON t

From Still, Quiet, Pl

- Where do t
- What do t
- Are they s
- Do they ha
- Do they ha

check IN
emotional
body

I check IN to my emotional
body when I practice:

practice NNAR

belly

collect release...
invite back in

he out the disc

check
IN

4. Emotional Body

em

energy.

comfort.

nf

Belly Breathing

5. BREATHE

I observe my breath...
I witness my wandering attention...
I notice the difference between reacting and reflecting.

As I slow down, I now bring attention to breath. My breath is rock solid in the present moment.

soothing self

I observe my breath...
I witness my wandering attention...
I notice the difference between reacting and reflecting.



shoe

check IN
breath

Xavier

Button

Tucker the

Butterfly breaths

ujjayi breath

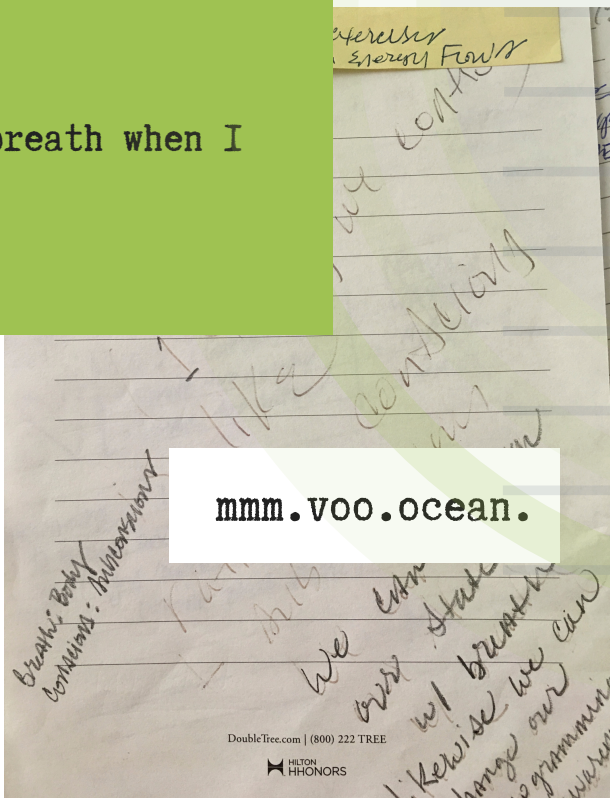
I check IN to breath when I practice:

mmm.voo.ocean.

check
IN

5. Breath

man
5/24



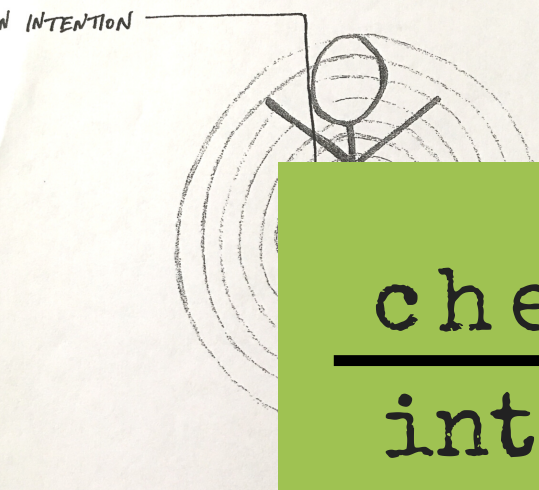
In the present moment I can use my imagination to create more of what I really want. I do this by considering what I want and setting

how do i desire to feel?

what does it look like?
sound like?
feel like?

go general

it look like?
sound like?
feel like?



check IN
intention

I check IN to my intentions when
I practice:

LCD

or feeling of expansion (big
or feeling of light (infused c
or feeling of harmony (flow

social story

Your future
is to create

check IN

6. Intention

est wa
dict

In the I Am. Space I feel a sense of belonging to something more - the beautiful mystery of life and existence.

Love:

May I be safe
May I be happy
May I be healthy
Ma

May my
May the people I see be...

wanting for another

loving kindness

annoy me be...

ng be...

check IN
share

I check IN to my desire to
share with others when I
practice:

A community galvanize

THE SUM GREAT

novation comes from innovators, and
working together

le
NAL
uty
E
♥ THIS
STRONG IS BEAUTIFUL

BEAUTIFUL
PRETTY
I am what I make up.

reframe

it exists

tap into n
Use the same thing, reframe my

e I Am. Space I feel a sense of belonging to something more -
tiful mystery of life and existence.

WHY I LO
MAKE
THE LIFE
contributor
color. Create celebrate

check
IN

7. Share

SLOWING DOWN STRONG EMOTIONS

THIS is me. I am. creativity possibility

I check IN to the rhythm of me
when I pay attention and allow it
to be...

Happiness

WHAT'S POSSIBLE

8. now this is me.



additional notes:

self care:

it's all relative

WHAT'S POSSIBLE