

# checkIN

8 steps to more  
creativity, inspiration,  
and possibility.  
A toolkit to grow  
self-awareness.



now THIS is me.

created by sally seiffer

The inner resource, to create, lives in the frontal lobe and is accessed when the mind and body are integrated, or connected - the state of wellbeing.

Inspiration shows up in this space as well.

My favorite feeling state is one of possibility.

To me, this is how it feels:

My mind is like the clear, blue sky.

My heart is like an open, green field.

And my belly is like the strong, orange core of the earth.

① physical environment

② social environment

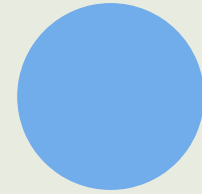
③ physical body

④ emotional body

⑤ breath

⑥ intention

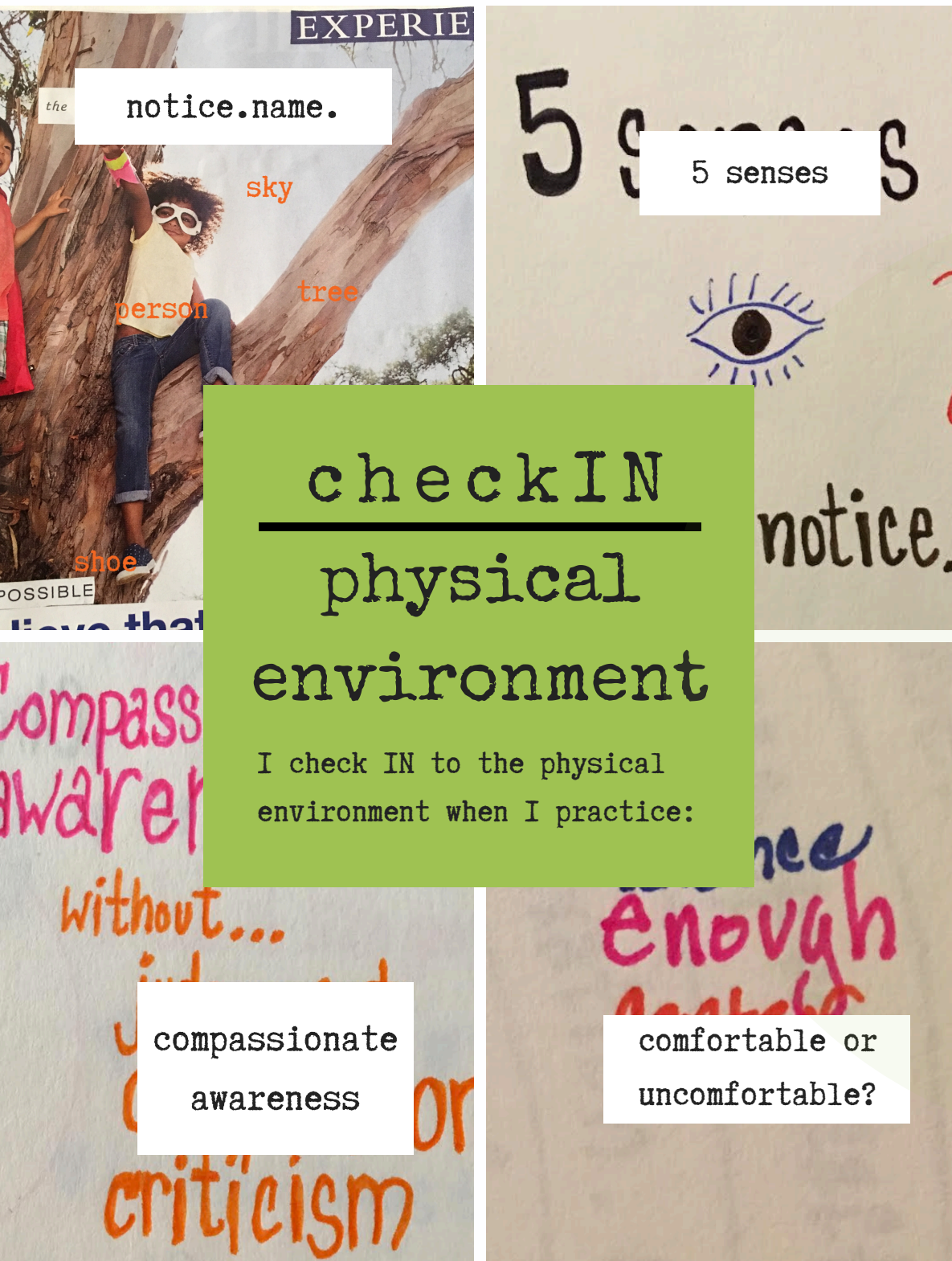
⑦ share



⑧ now THIS is me.

- You have a way of being exactly who you are.
- It could be referred to as a balanced state, equilibrium, homeostasis.
- I refer to it as wellbeing.
- Our natural state doesn't ever leave, we just disconnect from it.





# checkIN

## I. Physical Environment

notice = awareness

name = identify

emotional intelligence =  
to identify, understand,  
and manage emotions

5 senses - practicing notice.name.  
using the 5 physical senses can help  
ground one into the present moment  
where mind and body are connected.

compassionate awareness - notice.name.  
without judgment, comparison, criticism

notice.name. comfortable? uncomfortable?  
When one can notice discomfort, one can  
choose soothing strategies to ease the  
discomfort; or to feel more in control as to  
how to respond to what is happening.

# 5 senses

p 47 storyitell

5



4



3



2



1





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.

# checkIN social environment

I check IN to the social  
environment when I practice:

allow.release.

e-motion

# checkIN

## 2. Social Environment

social environment - how I relate to others,  
and how others relate to me.

observer - I observe my surroundings, I  
witness my response, I notice the choice to  
allow the experience rather than react to the  
experience.

O - observe  
W - witness  
N - notice

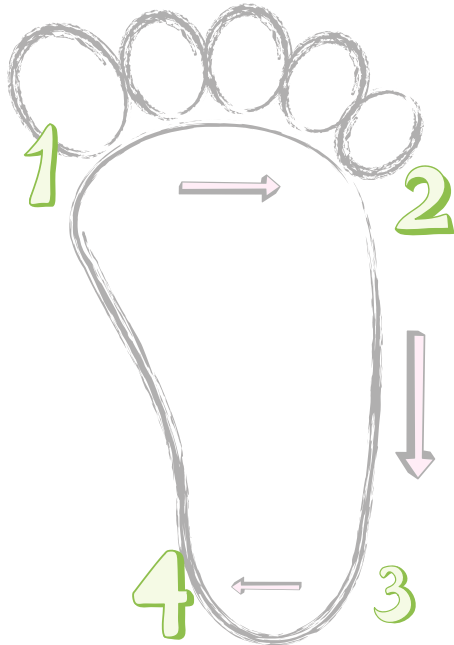
When I OWN my experience in the NOW, I  
have WON the opportunity to choose how I  
respond.

When I allow the experience as an observer,  
I can notice the release as I let it go.

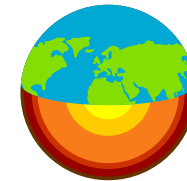
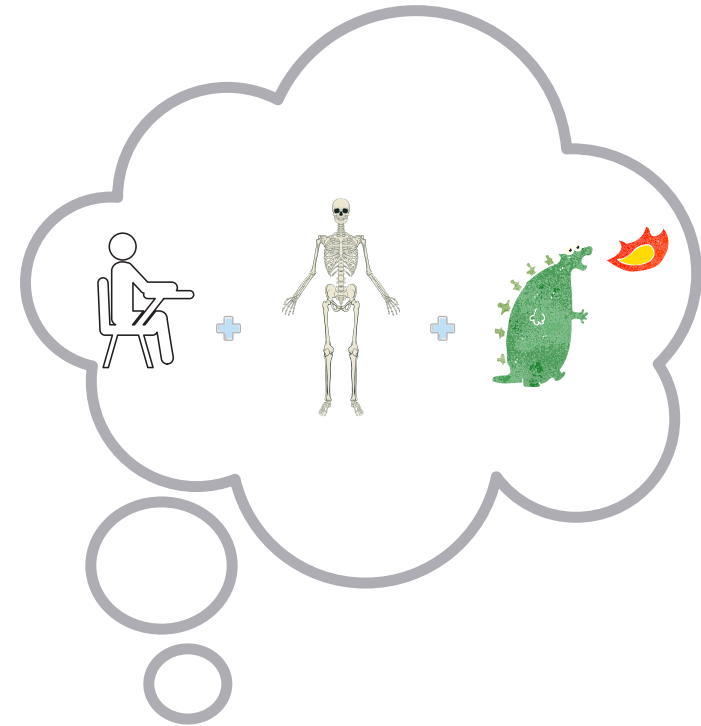
e-motion: energy in motion.

# grounding feet

p 43 storyitell



spacing out?



too rigid?

(breathe in all that space from the sky - nonphysical/right brain energy - imagine breathing it in through the crown of your head, breathing it through your body, then releasing all that spacey into the structure of the earth and the stable ground below as you breathe out)

(breathe up from the ground all that is physical, all those rules and assumed expectations of others - physical/left brain energy, and as you breathe it up through your body, allow yourself to set it free as you breathe it out, sending it out though the crown of your head, to the space and freedom in the sky above)

# three helpful practice tips

## RECOGNIZE RESISTANCE

notice how you respond  
to a new idea.

open sensation - not  
threatened

closed sensation -  
potential threat

recognizing your state  
allows you to choose.

## ON BOARD THINKING

what CAN you get 'on  
board' with...

"I may not agree with  
\_\_\_\_\_, but I can be  
open to\_\_\_\_\_."

## CHOOSE CURIOUS

choosing an attitude or  
state of curiosity allows  
access to problem  
solving (executive  
functions/higher order  
thinking skills)

"I wonder why\_\_\_\_"

"Why am I\_\_\_\_\_"

"What if \_\_\_\_\_"



# checkIN

## 3. Physical Body

everything is energy: underneath all existence is a vibrating source

notice discomfort, and then breathe into the discomfort. Imagining if everything is fundamentally in motion, breath can move the energy.

create more tension where tension already exists, and then release the tension to get a feeling of relief. This can be done as a body scan from feet up to crown of the head.

superhero pose: lengthen your spine, soften your shoulders, expand your chest. Take up space as one would to feel a sense of control. In this case, the control is not to dominate and hold power over someone or something, rather to create an energetic state in your body of a feeling of control, or empowerment.

everything is energy

breathe in to discomfort

## checkIN physical body

I check IN to the physical body  
when I practice:

tense and release

superhero pose

have.  
allow.

**noticing sensations on the inside**

**lengthen.  
soften.  
expand.**



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

Feelings  
Impulses  
Thoughts  
Sensations

FITS

OWN.FITS.NOW.WON.

Feelings  
Impulses

# checkIN emotional body

I check IN to my emotional  
body when I practice:

practice NNAR

collect release...  
invite back in

## checkIN

### 4. Emotional Body

F - feelings  
I - impulses  
T - thoughts  
S - sensations

Observe  
Witness  
Notice

When one OWNs their FITS in the  
NOW (present moment), one has  
WON the opportunity to choose the  
next step.

NNAR - Notice. Name. Allow. Release.

Breathe into what feels uncomfortable as if you  
are breathing in to capture it and breathing out  
to let it go. Using your imagination, when you  
release what you don't want, invite back in what  
you do want. You may breathe out tightness, and  
breathe in space.



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 rooted in the present moment.

soothing self

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



shoe

checkIN  
breath

I check IN to breath when I practice:

Xavier

Button

Tucker

Butterfly breaths

ujjayi breath

5/24



mmm.voo.ocean.

DoubleTree.com | (800) 222 TREE

HILTON HONORS

checkIN

5. Breath

When one breathes in, the lungs fill up and the diaphragm (muscle under lungs) is pushed downward creating what appears like the belly expanding. When you breathe in your belly expands, breathe out your belly constricts or gets smaller.

Use breath to soothe your response to what is happening.

ujjayi is intentionally relaxing your tongue into the bottom of your mouth, lips together, breathe in and out through your nose while creating some constriction in the back of your throat, creating a sound like the ocean.

mmm.voo.ocean. is creating vibration to soothe and to move stuck energy.

mmm - create vibration by humming which creates movement in your cells

voo sounds like a deep fog horn in your lower belly

ocean is ujjayi



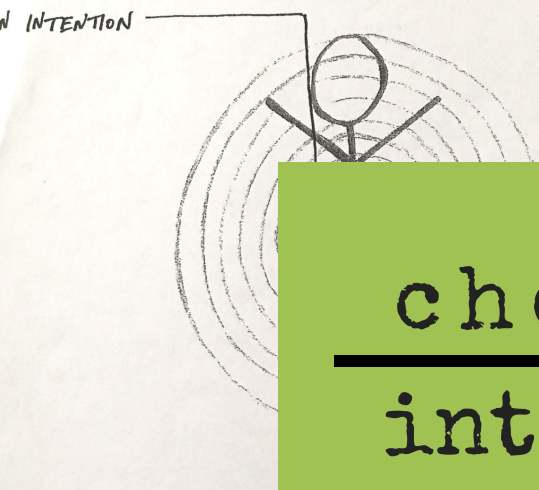
In the present moment I can use my imagination to create more of what I really want. I do this by considering what I want and setting

how do I desire to feel?

What does it look like?  
sound like?  
feel like?

go general

it look like?  
sound like?  
feel like?



**checkIN**  

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**intention**

I check IN to my intentions when  
I practice:

f Love  
n)  
ment  
arison  
m

LCD - feeling

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

social story

social story is the frame: what story am I telling about what is happening, can I tell it a different way? Do I believe it, is it true? or have I been conditioned to believe a false narrative as to what is possible.

# checkIN

## 6. Intention

Often we know how we don't want to feel, but we don't consider how we do want to feel. How do you want to feel? Use the parts of your nervous system: mind space, heart space, belly/gut space, muscles, skin. What does it feel like to feel good?

Go General means to practice skills, tools, strategies with parts of your life that are low intensity. If you have a big obstacle that feels overwhelming, think about something broader or less intense. Narrowing in on thinking about something difficult may create more intense feelings, shift the feeling state by thinking about nature, or things that you aren't adverse to: fun friends, happy kids, pets, animals, etc.

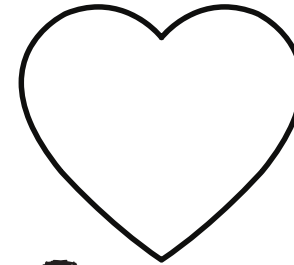
LCD means lowest common feeling, keep breaking down your experience to get to what is underneath. If you want money, think about what money represents: freedom, fun, possibility. Create the feeling state of what it represents to you.

# the frame: curious about patterns <sup>p 72 storyitell</sup>

#ifyouknowthewhythehowwillfollow

Mindset or Paradigm

what am I saying about  
what is showing up?



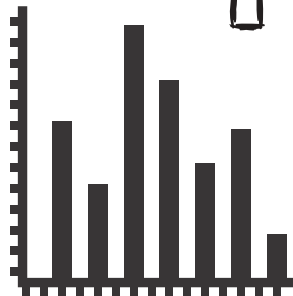
How does it feel?

what state or mood  
does my mindset or thought  
patterns create?



Data

results: what is showing up?



Actions/Non Actions

Observable - what am I  
doing or not doing?

## see.feel.do.get.



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...

annoy me be...

ng be...

wanting for another

loving kindness

# checkIN

## 7. Share

When you can identify what matters to you, can you want the same for another? This suggests a belief in abundance, that there is plenty rather than a finite amount (think happiness and possibility)

Loving Kindness is the name of a simple meditation that considers what you want for another person: I want them to feel accepted, valuable, capable. And then you create the feeling state within yourself and imagine sharing it with the other. This takes imagination but is useful in times you feel powerless as to how to help another human.

reframe is connected to the storytell: changing thoughts to shift feeling state to urge behavior that is aligned with your desired outcomes that align with what matters to you - your values.

'it exists' is a mindset. As you observed the world around you, consider the things you are attracted to as things you find value in. If it exists, then it exists. Consider that it is possible for it to exist for you.

# checkIN

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## share

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

reframe

it exists

contributor

color. Create celebrate

Mindset or Paradigm

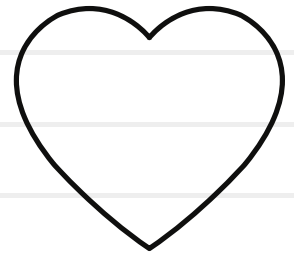
# p 83 storyitell

How does it feel?



what am I saying about  
what is showing up?

what state or mood does my mindset or  
thought patterns create?

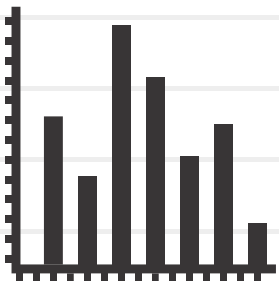


Data

results: what is showing up?

Actions/Non Actions

Observable - what am I  
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see.feel.do.get.

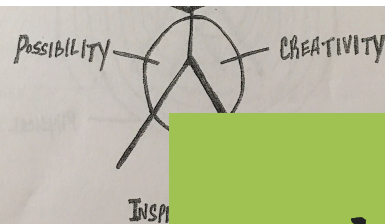




checking IN

SLOWING DOWN STRONG EMOTIONS

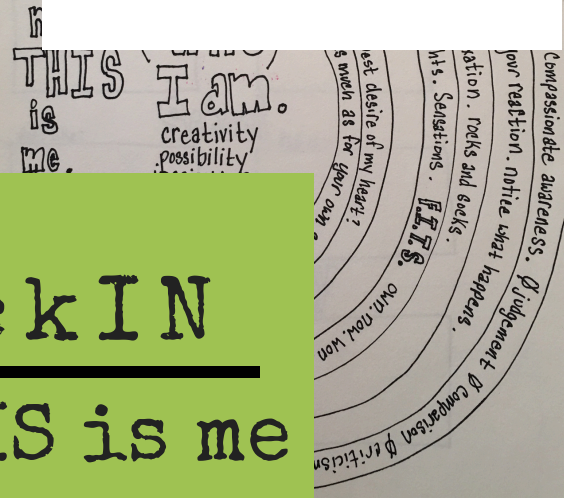
good feeling space:  
notice.name.



check in

physical environment. 5 Senses. Notice.  
social environment. observe your  
physical body. tense and relax  
emotional body. breathe. etc.

keep returning



checkIN

now THIS is me

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

BRAIN

STRESS (FEAR) RESPONSE  
→ PRIMAL (HARD WIRE)  
→ SENSES INTERPRET DANGER, THREAT  
→ SHUTS DOWN HIGHER ORDER THINKING  
→ BODY PREPARES TO PROTECT ITSELF

THE STRESS HORMONE CORTISOL IS RELEASED  
IF CORTISOL IS NOT UTILIZED IT CAN  
TO OUR NERVOUS SYSTEM - IT CAN  
SHUT DOWN (OR EVEN AT TIMES SPEED UP)

SELF AWARENESS

bookend your day

HAPPINESS

\* PRACTICING SELF AWARENESS (mindfulness) HELPS US BE A WITNESS  
TO OUR PRIMAL TENDENCIES (stress response = react; self awareness = reflect)

self care:  
it's all relative

WHAT'S  
POSSIBLE

checkIN



8. now THIS is me.

additional notes:

When you feel good, notice and name the experience in your body. Become familiar with how you like to feel.

Can you intentionally return to the preferred feeling state by using a variety of skills, tools, and strategies that make sense to you.

Bookend means to begin and end the day with a ritual or routine that connects you to your preferred state. To me, it's having a clear mind, open heart, stable core (belly).

It's all relative means that your experience will reflect your perception of your value and worth - do you care about your self?

this works best....

Go and love someone  
exactly as they are.  
And then watch how  
quickly they transform  
into the greatest, truest  
version of themselves.  
When one feels seen and  
appreciated in their own  
essence, one is instantly  
empowered.

~wes angelozzi~

with this....

Go and love yourself  
exactly as you are.  
And then watch how  
quickly you transform  
into the greatest, truest  
version of yourself.  
When one feels seen and  
appreciated in their own  
essence, one is instantly  
empowered.

~well-being~

"I love you for free, Elaine."

movie quote - Sleeping with Other People

"I love me for free."

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**THE END.**