

My Gentle Check-In

A calm space to notice how things feel today, without needing to fix or judge anything.

How am I feeling emotionally today?

How does my body feel today?

Try noticing sensations rather than judging appearance.

What has felt difficult around food or eating?

What has felt a little easier?

What thoughts have been taking up space?

What do I need emotionally today?

Who or what could help me feel supported?

One kind thing I can offer myself today is...
