

My Body Awareness Check-In

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

How does my body feel right now?

Where do I notice comfort or ease?

Where do I notice tension or discomfort?

How is my energy today?

How is my breathing?

What sensations are most noticeable?

What might my body need right now?

One gentle thing I can offer my body is...