

What Does My Body Need?

Sometimes the body notices a need before we have words for it. This check-in is a way to slow down and notice sensations, tension, comfort and energy — without needing to fix or explain them. Use as much or as little detail as feels useful.

Where am I noticing something?

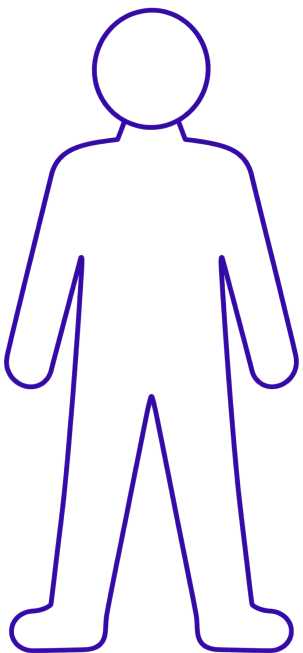
Circle, shade, colour or add words around the body. You can also leave areas blank.

tight / tense

heavy / tired

restless

warm / cold



comfortable

numb / distant

sore / achy

energised

What might my body be asking for?

Rest

Water

Food

Movement

Quiet

Comfort

Fresh air

Connection

Something else my body might need:

What is one small way I could respond to that need?

Listening to your body does not mean every sensation needs an immediate solution.
Sometimes noticing, making one small adjustment, or choosing to pause is enough for now.