

Action Plan for Checking in With Myself

- I will notice how I feel at least _____ (*three, five, ten*) times per day.
- To remember to check in on how I feel, I will _____.
 - Set a reminder on my phone.
 - Download and use a phone app such as Chime (<https://apple.co/2q91FHs>).
 - Make a note in my calendar.
 - Stick a note to my mirror.
 - Pair events (such as going to the bathroom or eating) to my check-in.
- When I check in with myself, I will get in the habit of asking myself the following questions, in this order.
 - "Are my basic needs met?"
 - "Do I feel safe?"
 - "Do I feel like I belong?"
 - "Do I feel confident?"
 - "Am I living my best life?"
 - "Do I feel connected to something greater than myself?"