

## DAILY CHECK-IN FOR A BETTER SELF

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### **CENTER**

Find a comfortable posture, perhaps sitting with feet rooted flat on the floor or sitting cross-legged on a mat. Sit up straight, with hands open and relaxed. Concentrate on taking deep breaths and letting your mind clear. Slowly shift your focus to different parts of your body, particularly where you hold the most tension, intentionally relaxing each one.

### **REFLECT**

Let the memories of the day wash over you. Don't feel the need to force anything or remember every detail in chronological order. Just open yourself to the moments that are sticking out. Let scenes play out, maybe multiple times, maybe from different perspectives. What were you (or others) feeling then? What are you feeling now?

### **SIFT**

Focus in what thought or emotion is pulling you the strongest and begin to mull it over for its truth.

If you discover something that leaves you feeling negatively...is there a pattern in your life of this? Where does it come from? Do you want it to continue?

If you discover something that leaves you feeling positively...savor it. Dwell in gratitude.

If you discover a relationship that holds tension...what part do you contribute to this? How do you want it to look differently?

If you discover someone else's pain...dare to explore it more deeply. Prayerfully hold them in your empathy.

### **CLOSE**

If possible, explore what would help you walk away with a bit more peace than you started with. Is there a behavior you could commit to trying differently tomorrow? Is there a mantra, phrase, or prayer which provides affirmations you need to hear right now? Is there an image that is comforting for the themes that surfaced? Is there someone you need to make peace with?—imagine what that could look like.

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