

A sunset over a body of water with the text "Let's Check In On You!" overlaid in a cursive font.

*Let's Check In
On You!*

My Personal Check-in

I would not dare ask anyone to do something like this if I had not challenged myself to take this same emotional rollercoaster. I call it a rollercoaster of emotions because while you are working on these exercises, they will make you see the real you, the one whose voice is silent, the one who carries the burden and does not and will not ask for help, and the one whose decisions are always in favor of others and not yourself. This was all me and more I was forced to look at myself and trust in the reason why I wanted to check-in with myself. I had to trust myself and know that the plan was to change the way I treated myself so I would not accept anything less from others. For me, to find out who I was uncensored was the most difficult task I set out to do. I realized that I had to be okay with and accept the answers to the questions without shame, embarrassment, and without emotionally sabotaging myself by minimizing the responses that I had written. Underestimating myself was the normal routine, and without fail I claimed doubt, and uncertainty over hope and achievement.

I went through about half the check-ins and answered each question, told every story, and accepted my true reality. I began to question why I had never taken a moment to put me first. I was saddened by the fact that I realized I did not know how to put myself first. In my mind, there were so many reasons why I had to be last on my own list of things I cared about. It never dawned on me that I was sacrificing my own happiness to ensure the happiness of others. The exercises and affirmations provided a foundation for me to build my self-worth, self-esteem, and self-confidence.

I worked on the exercises daily, I made it a priority because I was on a mission to save myself and find my internal peace so that I could live in my external happiness. This is what I have learned after actively participating in my own check-ins. 1) I can recognize and assign a name to my feelings as they occur. I understand how to find the cause of them and address it correctly. 2) I ask for what I need and set boundaries with others when they do not respect those needs or they do not/cannot accept or meet my needs. 3) I realized my own voice must save me, stand-up for me, and direct me, so I began to use it more for me. 4) I learned how to *be in the moment* and appreciate it. I felt like I had finally found the me I needed to find so that I could put myself first without hesitation. Being truthful with yourself is not an easy task at all and can be very daunting and emotional. It would take me hours to finish 1 exercise because it was so heart wrenching at times. Other times it was just difficult to come up with answers that I could stick with or follow through on. But I did it and I am better because of it and I am hoping you will take away some of these same lessons. The biggest key, and I cannot stress this enough, is to be honest, write as if this was your personal diary. Do not hold yourself back from feeling everything that comes with each day's exercise.

Introduction

It is vital to check-in with yourself each day to acknowledge and validate how and what you may be feeling, thinking, or deciding. Doing this will give you the much needed sense of purpose that allows you to navigate through your day-to-day life. Working the check-in exercises will help you to identify and create the tools that you need to keep your mind, body, and soul in tack. The primary goal as you are working each check-in exercise is to remind yourself to put you first at least once daily. Try and make decisions and choices that are for the benefit and support of you. If you find it difficult to do this daily, then start with once a week and small choices that could have big impacts. Allow yourself to “think of self” in a way that will give you your power back or own your power. It is time to find your way back to you and give yourself the chance to settle in and get to know the truest version of yourself. Take the time to learn not only who you are but also what you need. Always remember happiness can only be generated from within and is carried out by all your own choices. Checking in with yourself is how you know that you are working on you and laying the foundation to the path for happiness.

Clear your mind and concentrate on the goal. Pick a time each day that you can spend at minimum of 1 hour to focus on you and completing your exercise. You will need privacy so you can feel your feelings, think your thoughts, and write responses that account for what is happening to you in that moment. Do not leave any responses blank, because each one has a valuable purpose. You can skip it to move to the next, but you need to return to the question or statement and provide a response. Make sure you follow all the directions for each step. There are some responses that will require you to hold yourself accountable, be true and do just that because you will reap the benefits of doing so. Do not take away from your purpose by not following through on any action items. I know when you have completed these exercises you will find a space of calmness, fulfillment, control and even more so a sense of worth.

Checking in With Me
DAY 1

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your own words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself.

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

This time next week I want to feel _____ and I will make a real effort to do so.

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I/did I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to change "**body shaming**" into "**body love**". We are all beautiful and it is our responsibility to take care that no one has us believing any different. For the exercise below you will need to take a moment and think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

There is no truth but my own and how I see me is all that matters. I cannot accept your judgement because I have judged myself and that is enough. So, understand that I have seen, I have felt, and I have known that my eyes are the only beholders of my beauty.

Write 3 body parts and a praise for each one (any of your parts).

I love my: _____ because _____

I will remind myself at least twice (2 x) today of how much I love this body part.

I love my: _____ because _____

I will tell at least 1 person today how much I love this body part. (Unless private, then remind yourself of this today).

I love my: _____ because _____

I will tell at least 1 person today how much I love this body part. (Unless private, then remind yourself of this today).

Write a positive statement that includes all three of your chosen body parts. This is **YOUR** affirmation; you get to decide how you want to see yourself and how you want to be seen.

**Checking in With Me
DAY 2**

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your own words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I/did I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to recognize your own **greatness**. They say the character of a person is defined by the traits that make them who they are. We all have that one thing that makes us feel like we can be and do anything. For the exercise below you will need to take a moment and think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

I believe in my strength because it has carried me, I understand my power because it has enlightened me, I have given my loyalty because it has not failed me, I will give all of me and ask nothing in return... so if the character of a person is defined by their traits then I have just given you the definition of me.

Write 3 things that you admire about yourself (what is my best character trait).

I admire my: _____ because _____

I will remind myself at least twice (2 x) today of how much I admire my character trait.

I admire my: _____ because _____

I will tell at least 1 person today how much I admire my character trait.

I admire my: _____ because _____

I will tell at least 1 person today how much I admire my character trait.

Write a positive statement that includes all three of your chosen character traits. This is **YOUR** affirmation; you get to decide how you want shine and how bright others will see your light.

**Checking in With Me
DAY 3**

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your own words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I/did I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to **forgive yourself** and realize that mistakes happen within and outside of our control. Hold your self accountable but do not hold yourself hostage. For the exercises below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

Forgiving is my choice, accepting forgiveness is theirs. Understand, I cannot be measured at 100%, where is my growth. I cannot be held to your standards, where is my identity. I cannot walk your mile, where would I put my shoes. I cannot change the past, where would I learn. Accepting forgiveness is their choice, forgiving myself is mine.

Write 3 things you forgive/release yourself from.

I forgive me for: _____ because _____

I will remind myself at least twice (2 x) today I forgave myself

I forgive me for: _____ because _____

I will tell at least 1 person today I forgave myself

I forgive me for: _____ because _____

I will tell at least 1 person today I forgave myself

Write a positive statement that includes all three responses that you forgave yourself for. This is **YOUR** affirmation; you get to decide how to forgive yourself and how you will allow yourself to be forgiven.

Checking in With Me
DAY 4

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand and identify **self-doubt**. There are times when you question if what you are doing is the right thing or best thing for you or others. Follow that voice or gut feeling you have, there are times it will guide you in the right direction. For the exercise below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

My intuition is my trust radar, I need to listen when it speaks, follow when it guides, and stop when it hurts. I believe that I know what is best for me, what is right for me and what works for me. I had confidence in the first step I took as a child, and I will be no less confident in the next steps I take as an adult.

Write 3 things you trust yourself to do (exp... stay focused, be committed, stand up for yourself).

I trust myself: _____ because _____

I will remind myself at least twice (2 x) today that I trust myself

I trust myself: _____ because _____

I will tell at least 1 person today that I trust myself

I trust myself: _____ because _____

I will tell at least 1 person today that I trust myself

Write a positive statement that includes all three of your trusted responses. This is **YOUR** affirmation; you get to decide how you trust yourself and how much you will let yourself be trusted.

Checking in With Me
DAY 5

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand and focus on your **memories**. We use memory recall to help manage certain aspects of our life. Memories also use us to trigger forgettable events in our past life. These are our stories we create, so we get to decide how we remember the good stories and process the bad. For the exercise below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

I control my narrative, I will design my legacy, there is no version of my outcome that will be dictated by your actions. I will remind myself that I can reminiscence in the past and leave it behind me. I will be still in the present and focus on the moment. I will welcome the future and be optimistic.

Write 3 memories about yourself. (Use the notes page if you need more space).

I remember my first: _____ because _____

I will remind myself at least twice (2 x) today of this memory

I remember how bad my: _____ because _____

I will tell at least 1 person today of this memory

I remember how good my: _____ because _____

I will tell at least 1 person today of this memory

Write a positive statement that includes all three of your memories. This is **YOUR** affirmation; you get to decide how you want to manage your memories and not how your memories will manage you.

Checking in With Me
DAY 6

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to use words that **describe you**. Find words that represent who you believe yourself to be, in addition to how you see yourself. There is not a single person in this world who knows you better than you. For the exercise below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

I know exactly the type of person I want to be, I know with certainty the type of person I am, but without a doubt, I know I am not the person someone else says I should be.

Write a word about yourself that begins with these letters "S" "E" "L" "F"

"S": _____ because _____

I will remind myself at least twice (2 x) today how my letter "S" describes me

"E": _____ because _____

I will tell at least 1 person today how my letter "E" describes me

"L": _____ because _____

I will tell at least 1 person today how my letter "L" describes me

"F": _____ because _____

I will tell at least 1 person today how my letter "F" describes me

Write a positive statement that includes all three of the words you selected to describe yourself. This is **YOUR** affirmation; you get to decide your own description of you, and how you will require others to do the same.

Checking in With Me
DAY 7

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to set and maintain your **boundaries**. We have to build our safety zone to remove or beware of anyone who has the intent to cause harm. We create the rules and write the guidelines to protect our own well-being. For the exercises below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

When I make a change for myself, it does not mean I am creating a challenge for others. I do not force my expectations on others, so I will not be forced to accept their expectation of me. I will draw my line and only those with permission will be allowed to cross.

Write 3 boundaries that you need to put into place (You can add a person, place or thing)

My Boundary: _____ because _____

I will remind myself at least twice (2 x) today of the boundary I set

My Boundary: _____ because _____

I will tell at least 1 person today that I set up this boundary

My Boundary: _____ because _____

I will tell at least 1 person today I followed through with this boundary

Write a positive statement that includes all three of your chosen boundaries. This is **YOUR** affirmation; How you expect to be treated, can only be determined by how you require people to treat you.

**Checking in With Me
DAY 8**

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

This time next week I want to feel _____ and I will make a real effort to do so.

Do I feel how I planned to feel from last week? (*review your selection from day 1*) _____

Why/Why Not? _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to **release**. We all go through a process where we are not sure why we are carrying the weight of the world. It is important to know what to let go of and what we need to keep our focus on. For the exercise below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

Change is not a choice, it is a priority, I will not allow life to grip me so tight, that I must choke my way out. I will not take on the burden, if I cannot shake off the trauma. I will silence the clutter, so I can hear the calm.

Write 3 things you will release for peace of mind.

I will release: _____ because _____

I will remind myself at least twice (2 x) today what I released today

I will release: _____ because _____

I will tell at least 1 person today what I released today

I will release: _____ because _____

I will tell at least 1 person today what I released today

Write a positive statement that includes all three things you released. This is **YOUR** affirmation; you get to decide what you hold on to and what holds on to you.

**Checking in With Me
DAY 9**

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand how to say "**No**". There are times when "Yes" should be the response to retrieve something positive. But there are many circumstances when "No" is required to remove something negative. For the exercise below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

I am not saying "No" to your request, I am saying "Yes" to my peace of mind. I will not accept your constructive criticism when I did not approve your unsolicited opinion. My acceptance of me, is not a denial of you, it is simply an improvement of us.

Write 3 things/actions you are going to say "No" to today.

I will say NO to: _____ because _____

I will remind myself at least twice (2 x) today that I am going to say "No"

I will say NO to: _____ because _____

I will tell at least 1 person today that I am going to say "No"

I will say NO to: _____ because _____

I will tell at least 1 person today that I said "No"

Write a positive statement that includes all three of the reasons you are going to say "No". This is **YOUR** affirmation; you get to decide where you give your energy and who will take your energy.

**Checking in With Me
DAY 10**

Complete each section with answers that are true and thoughtful.

My name is: _____ and I get to choose, feel, and decide for me today.

Choices

Today I woke up and chose: _____

(Select 1 option or add your words)

Me	Peace of Mind	Be In The Moment	To Do One New Thing Today
To Say Yes	To Gain Clarity	To Release Negative Energy	To Release Control
To Participate	Own My Worth	To Face My Fears	To Be Honest With Myself

Today I chose to like this about myself: _____ and I will tell at least 2 people today what I like about myself. How many people did I tell yesterday _____?

Feel

I feel _____ in this moment, I plan to feel _____ for the remainder of this day.

I have not felt like this since: _____

Self-Care

Today I will/I did _____ for my spiritual/mental self-care.

Today I will/I did _____ for my emotional self-care.

Today I will/I did _____ for my physical self-care.

What 3 negative actions will I replace with positive actions today?

Negative Actions	Positive Response

Negative Actions Examples; Rage, Controlling, Shaming Others, Self-pity, Negative Self Talk

Daily Affirmation

Today's affirmation is going to help you understand the word **ME**. When you made a choice to put you first, you decided that you mattered. This is not an act of selfishness; it is a claim to freedom. For the exercises below you will need to take a moment, think about yourself and answer truthfully.

Read this aloud and mean each word as you say them.

I accept the responsibility of being the one, only, single, first, and original, version of me. This means that you cannot have all of me because I deserve more than just what's leftover.

Write a word about yourself that begins with these letters - M.E. Then write one word that represents who you are.

"M": _____ because _____

I will remind myself at least twice (2 x) today the word I used to describe ME

"E": _____ because _____

I will tell at least 1 person today the word that I used to describe ME

This is ME: _____ because _____

I will tell at least 1 person today the one word that I used to describe ME.

Write a positive statement that includes all three of your ME descriptions. This is **YOUR** affirmation; Being selfish by definition means caring about oneself, this does not have to be a negative narrative. What do you want the description to be for you?

*Thanks For
Checking In!*

For Additional Content

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