

Getting Started: Daily Check-In

Find a quiet spot where you can focus on this activity for the next ten minutes. Then, take a moment to close your eyes and notice what is coming up for you as you start your day...

- Are you feeling a certain emotion that feels strong?
- Are you thinking about a dilemma or is something running through your mind over and over?
- Does your body feel off or uncomfortable in any way?

Let's start there for your daily check in...

- 1 Focus on that emotion/thought/body sensation. What do you notice about it? (There is no wrong answer!) Write down what is coming up for you as you focus on it.

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- 2 See if you can bring some curiosity to learning more about what you noticed in #1. If so, imagine yourself sending that curiosity to the part of you that is sharing the information. Then ask: what do you [the part with the emotion/thought] need for me to know today? Jot whatever comes to mind here:

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Getting Started, Daily Check In, continued

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Now ask the part: what do you need from me today? Take your time listening, and write it down here.

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Write down ways you can help provide what the part might need from you today. Maybe it's to check in on it later or something else.

5

Thank the part for sharing what it has shared with you. If you want, you can even write what you're grateful for in hearing from your part(s) today:

Kudos to you for spending this time to get to know more of your inner system of parts!