Morning Hearth Check-In

Meet yourself here before you meet the day.

Date: _____ **Sleep:** ○ Rough ○ Okay ○ Restful

1. How am I arriving this morning?

Before the lists, messages, and responsibilities, what do I notice in myself right now?

_____

_____

_____

My energy feels: ○ Empty ○ Low ○ Steady ○ Bright ○ Restless

2. What does my body need?

Water? Food? Movement? Quiet? Fresh air? A slower start? Something else?

_____

_____

_____

3. What is asking for my attention?

Not everything that is loud is important. What actually deserves my energy today?

_____

_____

_____

4. What can be gentle today?

Where can I lower the pressure, ask for help, choose 'good enough,' or give myself more room?

_____

_____

One thing I want to carry into today:

_____

_____

One thing I do not need to carry:

_____

_____

You don't have to earn a gentle beginning.

THE TWILIGHT HEARTH ✦ tend your fire gently