

Weekly Self Check-In Cheat Sheet



One of the first steps in reconnecting with your body's cues is giving yourself space to reflect on what you (and your body) have been through over the past week. **Carve out 20-30 minutes at the end of your week to reflect and ask yourself these 5 questions.** Feel free to add any other questions you'd like to the list too! You might also find it helpful to write your answers down so you can see a clearer picture of your week-to-week habits and stressors.



What were my sleep habits this week?



How physically active was I this week?



What was my biggest source of stress this week?



How did I spend my spare time this week?



On average, what types of foods did I eat this week? (i.e. healthy food vs junk food)

Noticing some habits or stress patterns you'd like help addressing? Let's chat! Head over to www.compassmaven.com to schedule a free 30 minute discovery call.