

Sunrise Check in

Breathe



TAKE A MOMENT TO BREATHE IN
AND OUT AND GROUND YOURSELF.

Feel



CHECK IN WITH YOUR BODY.
HOW ARE YOU FEELING TODAY?

Thank



WHAT ARE GRATEFUL FOR TODAY?

Want



IS THERE SOMETHING YOU WANT
TO ACCOMPLISH TODAY?

Need



WHAT ARE YOUR NEEDS TODAY?

Affirm



TAKE A MOMENT TO PAT YOURSELF ON THE
BACK. CELEBRATE YOUR SUCCESSES OR
NAME WHAT YOU LIKE ABOUT YOURSELF.

Seven Natural Healing Ways

1 LAUGHTER

2 CRYING

3 YELLING

5 SHAKING

4 SWEATING

6 TALKING

7 YAWNING