

Daily check in

Chances are that at some point
today you've answered the
question 'how are you?'

'How are you' is often more of a greeting than a real check in. It's easy to answer it quickly and get on with our day.

But by giving it too little space
and thought, we often fail to
acknowledge the range of
things we're experiencing in any
given moment.

So what if you took a moment
to really ask yourself

How am I?

Write down the first 5-10 words
that come to mind

I am ...

Imagine that between each of the items on your list there was a word 'AND'.

Have a go at answering the question 'How are you?' again, only this time by adding AND between the words.

*I feel tired
and curious
and worried
and ...*

Thank yourself for taking a moment to check in and noticing what's really behind 'I'm fine'.

Grow from within.