



PRINTABLE MONTHLY CHECK-IN

Pause • Notice • Prioritize

(Member Use – Home or Work)

How to Use This Check-In

This check-in is not a test or a to-do list.
It's a moment to pause, notice what's present, and gently orient yourself for the month ahead.

There are no right answers.
You don't need to fill in every section.

Section 1: Current Signals

What are you noticing right now?

Use words, phrases, or circles – whatever feels easiest.

Body

- Energy levels:
- Sleep:
- Digestion:
- Tension / pain:
- Other physical signals:

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Mind & Emotions

- Mental clarity or fog:
- Stress levels:
- Mood or emotional tone:
- Sense of motivation or resistance:

Life Context

- Current demands or pressures:
 - Anything feeling especially heavy or tender:
 - Anything feeling supportive or steady:
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Section 2: Body Priorities

What might your body need most right now?

You can circle, underline, or write freely.

- More rest or recovery
- Nervous system support
- Digestive support
- Gentle movement
- Nourishment / hydration
- Simplicity
- Emotional support
- Other:

If you had to choose just one priority for this month, what feels most important?

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Section 3: Actions & Focus

Small, supportive steps only.

Choose **one or two** – not everything.

This month, I want to focus on:

- Slowing down
- Supporting my energy
- Simplifying food choices
- Gentle movement
- Better sleep rhythms
- Reducing mental load
- Other:

One small action I can realistically support this month:

Section 4: Reflection & Notes

Anything you want to remember.

- Patterns you're noticing:
- What surprised you:
- What feels validating:
- What you want to approach differently this month:

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→ Next Steps

When you're ready, use what you've noticed here to guide your next step:

- Visit the **Monthly Focus** for seasonal support
- Explore **Decision Trees** if things still feel unclear
- Use the **Pause Library** if effort feels high and capacity feels low

You don't need to rush.
Clarity unfolds over time.

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