



Creating Legacy Wellness

Navigating Well-Being Together



Frequency Check-In

A Gentle Reset for Mind • Body • Home

This is not about fixing yourself.
It's about noticing what supports you — and what quietly drains you.

Take a few slow breaths before you begin.

Mind & Inner World

Your nervous system sets the tone

Right now, my inner world feels mostly:

calm neutral tense overwhelmed

What has been occupying my thoughts lately?

(pressures, worries, expectations, looping thoughts)

What lowers my mental frequency without me realizing it?

(e.g., rushing, self-criticism, mental clutter, overexposure)

One small support I could offer my mind today:

(e.g., slower pace, fewer decisions, more silence, compassion)



🧡 Body & Wellness

🏠 Home & Environment

Your space is part of your biology

When I think about my home or primary space, it feels mostly:

supportive neutral draining chaotic

What areas feel calm or restorative?

What areas feel heavy, cluttered, or overstimulating?

One simple environmental shift I could make:

(e.g., clearing one surface, softening light, opening a window, moving one object)

🌿 Integration

When frequency changes, everything responds

After checking in, one thing feels clear to me now:

Today, I choose to support my frequency by:

(not doing more — but removing what interferes)

Small shifts create coherence.

Coherence supports healing.

You are not broken — your system is responding intelligently.

— Kim Goeltom, *Creating Legacy Wellness*,

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