

# Comfort Checklist

## 10-Minute Journal

Date: \_\_\_\_\_

Set the scene?

Sound-

Smell-

Touch-

Drink-

*How* Did this past week feel in my body & mind?

---

---

---

*One* Moment that made me feel comforted or connected ?

---

---

---

*Something* I want to leave behind from this week ?

---

---

---

*One* Gentle intention for the week ahead ?

---

---

---

*This* Week I want to feel more? (Write your own words)

