



THE SELF CHECK-IN FORMULA

Your Winning Formula to Build a Life on Your Terms

If you don't check in with yourself, you end up running on someone else's schedule, someone else's version of success, someone else's idea of 'enough.'

This is your invitation to pause, ask the right questions, and come home to you.

KNOW YOURSELF. HEAR YOURSELF. CHOOSE YOURSELF.

If you're constantly busy, giving, or performing, it's easy to lose sight of who you are beneath all that doing.

This mini guide is your anchor.

No fluff. No pressure. Just truth, connection, and clarity.

You're allowed to want more.

But first, get clear on what that more really is.

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MONTHLY SELF CHECK-IN

YOUR DREAMS - WHAT DO YOU REALLY WANT?

Not what looks good. Not what others expect. What you want.

Prompt:

If no one judged you... what would you go for this year?
What do you long to feel, do, or become?

YOUR PATTERNS - WHAT THOUGHTS KEEP SHOWING UP?

Prompt:

What thoughts keep holding you back?
What beliefs push you forward?
What old story is ready to be retired?

YOUR VALUES - WHAT MATTERS MOST TO YOU?

Prompt:

What lights you up?
What feels like a yes in your body?
What do you hate being forced into?



DAILY OR WEEKLY SELF CHECK-IN

Q 1 Today I'm feeling:

Q 2 One thing I want to honour today is:

Q 3 One thing I'm proud of this week:

Q 4 A thought I want to release:

Q 5 A truth I want to remember:

A MESSAGE FROM ME



Take a minutes to listen to this [voice note](#) on why checking in with yourself is a radical act of love.

WANT TO GO DEEPER?

This is just the beginning. Come join me at
www.claritycoachingenergy.com

For tools, courses, and soul support to guide you back home to you.