REINVENTION CHECK-IN

Take a snapshot of where you are today.

		STATEMENT	START *Date:* _____	FINAL *Date:* _____
1		I feel present in my daily life.	1 2 3 4 5	1 2 3 4 5
2		I have energy for the things that matter to me.	1 2 3 4 5	1 2 3 4 5
3		I feel connected to myself.	1 2 3 4 5	1 2 3 4 5
4		I can recognize and make space for what I am feeling.	1 2 3 4 5	1 2 3 4 5
5		I feel connected to people who matter to me.	1 2 3 4 5	1 2 3 4 5
6		I feel worthy of rest, care, and kindness even when I am not achieving.	1 2 3 4 5	1 2 3 4 5
7		I trust myself to make decisions that are right for me.	1 2 3 4 5	1 2 3 4 5
8		I am making space for the things that matter most to me.	1 2 3 4 5	1 2 3 4 5
9		I feel optimistic about my future.	1 2 3 4 5	1 2 3 4 5
10		I feel clear about what I want next.	1 2 3 4 5	1 2 3 4 5

1 = Not at all | 2 = A little | 3 = Somewhat | 4 = Quite a bit | 5 = Very much

There are no right answers. This exercise is to simply notice what changes.

