

OVERFLOW CHECK-IN RITUAL

WHAT CAME EASY TODAY?

Think about anything that
felt smooth—conversations,
decisions, energy, focus.

Noticing what came easy
helps you see where things
are flowing.

WHAT FELT SOLID OR STRONG?

Pick one moment where you handled something well, stayed calm, or showed up how you wanted.

Tracking what worked builds confidence without hype.

WHAT FELT OFF OR FLAT?

No fixing—just name it. Was there a part of the day that dragged or didn't feel right?

Naming what's off helps you adjust without judgment.

WHAT DO I WANT MORE OF TOMORROW?

One thing—could be a feeling, a habit, a way you responded.

This helps you carry the good stuff forward.

HOW DO I CLOSE THE DAY?

Pick one:

- Write down one win
- Stretch for 30 seconds
- Sit still for a minute

Ending with clarity helps you rest
without spinning.