



Begin Within

A moment to journal



Morning check in

After waking, before your day begins.

1. How am I feeling this morning?
2. What am I looking forward to?
3. What might feel challenging today?
4. What do I need, and what could help?



Keep it simple

Start with two minutes. A few honest words are enough.

You can write, draw or use bullet points.



Evening check out

Before you go to bed.

1. How has my day been?
2. What felt challenging?
3. What did I learn about myself?
4. What was surprisingly positive?
5. What can wait until tomorrow?



Make it yours

Choose one question if that is enough today.

Look back for patterns, with curiosity rather than judgement.

You do not need the perfect words. Begin with what is there.