

Check In

For when you just need a quick check-in. This spread helps you notice where you are, what can support you, and a small step to steady yourself.



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Positions:

- 1. Current Energy** - where I am right now, mentally or emotionally
- 2. Supportive Resource** - the tool or practice that can support me in this moment
- 3. Next Step** - one small action or shift can help me move back toward balance

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Journal/Reflection Prompts:

1. What patterns do I notice in how my emotional or mental state tends to show up, and how do I usually respond when I feel this way?
2. What kinds of support truly help me restore balance, and which ones just distract or numb me without addressing the need?
3. What's the smallest shift I could actually commit to today without overwhelming myself?