



## 3-Center Mindful Check-In

- Sitting comfortably
- Take a moment to feel:
  - Contact with the floor and/or the chair
  - Your spine in a line
  - Your hands in your lap
- Giving yourself the gift of your own attention

<b>1: BQ BODY CENTER</b>	<b>2: EQ HEART CENTER</b>	<b>3: IQ HEAD CENTER</b>
<ul style="list-style-type: none"><li>• Check in with your body.</li><li>• Are you feeling tight or relaxed?</li><li>• Any tingling or pain?</li><li>• Feeling comfortable or uneasy?</li><li>• Any tightness in your face or shoulders?</li><li>• Close your eyes and notice how you are feeling physically and breathe.</li></ul>	<ul style="list-style-type: none"><li>• Check in with how you are feeling emotionally.</li><li>• Do you feel happy, angry, or content?</li><li>• Feeling anxious, nervous, or excited?</li><li>• Bored or enthusiastic? Grateful or worried?</li><li>• Close your eyes and silently name the emotion(s) you feel and breathe.</li></ul>	<ul style="list-style-type: none"><li>• Check in with your thoughts.</li><li>• Do you notice many thoughts?</li><li>• Do you feel space and calmness?</li><li>• Are they past, present, or future?</li><li>• Close your eyes and and silently name what thoughts you notice and breathe.</li></ul>

End by taking a moment to simply rest and breathe and then continue mindfully with your day!