

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

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

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