



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!