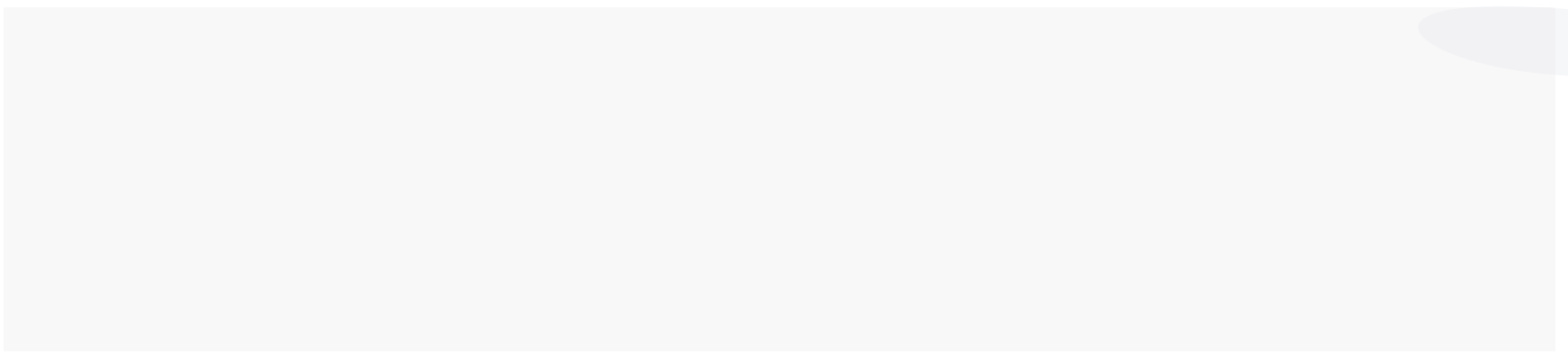


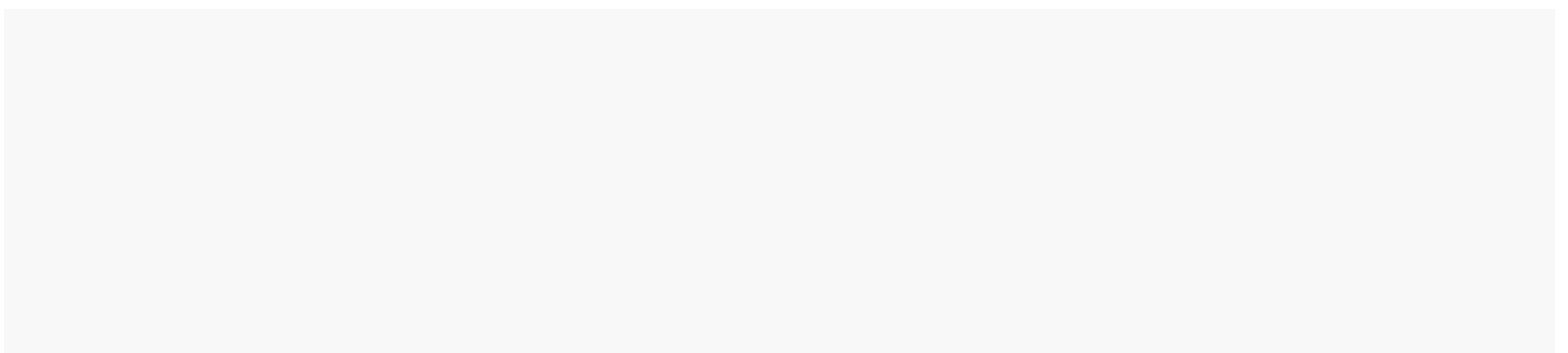
# Morning Check-In

## A DAILY REFLECTION PRACTICE

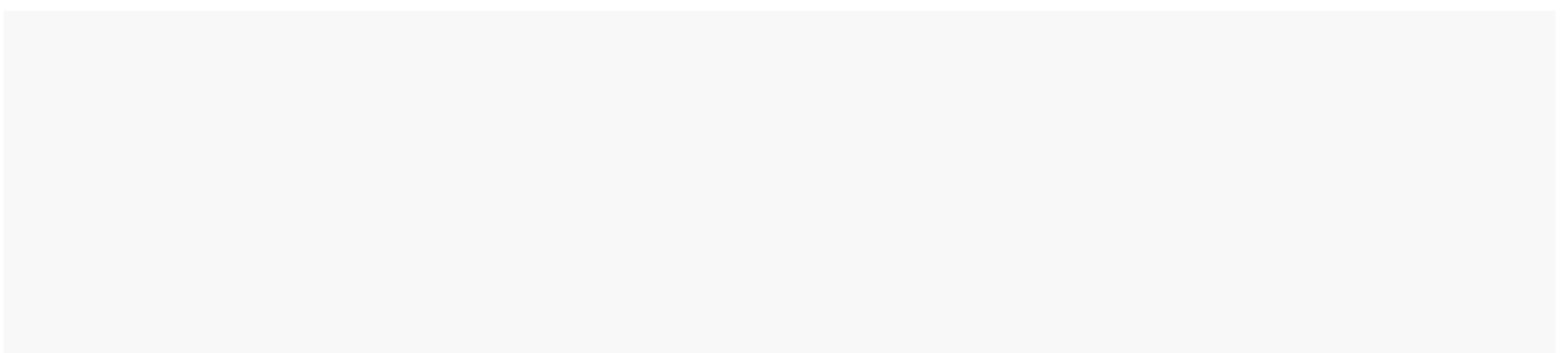
What words or images are coming to mind this morning?



What feelings do these words/images bring up?



What feels in my control today? What feels outside of my control?



What ways can I support myself today? What ways can others support me?

