

Emotional Wellbeing Check-In

CHECK THE BOXES OF THE ACTIVITIES YOU DID FOR YOURSELF TODAY.

- WHAT ARE YOU GRATEFUL FOR TODAY?
- WHAT EXPECTATIONS OF "NORMAL" DID YOU LET GO OF TODAY?
- DID YOU MEDITATE OR PRACTICE DEEP BREATHING?
- WHO AM I CHECKING IN ON OR CONNECTING WITH TODAY?
- DID YOU SHARE JOY WITH SOMEONE?
- DID YOU MOVE YOUR BODY?
- DID YOU DO SHOW KINDNESS?
- DID YOU DO SOMETHING MEANINGFUL?
- DID YOU LAUGH OR SMILE?
- WHAT BEAUTY AM I EITHER CREATING OR INVITING IN TODAY?



AMAL ALLIANCE
EMPOWERING GLOBAL CITIZENS