

A REUSABLE WEEKLY PAGE

The Soft Living Check-In

A few minutes to notice how you are, then choose one caring step for the week.

Week of: _____

MY BODY

What has my body been asking for?

MY MIND

What thought or feeling needs a little space?

MY RELATIONSHIPS

Where do I need support, connection, or a boundary?

MY SPACE

What small change would help my days feel easier?

This week, I will make room for: _____

One person I can reach out to: _____

A GENTLE WEEK

One small thing each day

Choose a moment of care each day. You can repeat the same one as often as you like.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

A NOTE TO MYSELF

I am allowed to build a life that includes my needs.