

Quick self check in

On the heavy days, take a few moments to see what's really going on.

Have you ever felt like you are in a "funk" but you aren't sure why? It may not always make sense on the surface, but if we take some time to lean into our discomfort we can learn where things may stem from.



How am I feeling?



What's not working?



What's going well?



What do I need?



What's the first step?