

Daily Questions



Who am I checking-in on
or **connecting** with?



What **expectations**
of 'normal' am
I letting go
of today?



How am I getting
outside today?



How am I **moving**
my body today?

How am I
expressing
my **creativity**
today?



What type of **self-care**
am I practicing today?



What am I **grateful** for
today?

