

\* a little space

# Find the words.

## Make room for you.

A quiet check-in with yourself.  
Notice what's here. Choose any words that fit.  
Every section is optional.

01 / NOTICE & NAME

### Feelings

Circle the words that fit. Mixed feelings are welcome.

**At ease**

☐ Peaceful☐ Content

☐ Relieved☐ Relaxed

☐ Secure☐ Calm

**Bright & alive**

☐ Joyful☐ Excited

☐ Hopeful☐ Inspired

☐ Playful☐ Grateful

**Open & connected**

☐ Curious☐ Interested

☐ Affectionate☐ Tender

☐ Compassionate☐ Engaged

**Worried & unsettled**

☐ Anxious☐ Afraid

☐ Uneasy☐ Nervous

☐ Overwhelmed☐ Restless

**Heavy & low**

☐ Sad☐ Lonely

☐ Disappointed☐ Discouraged

☐ Tired☐ Vulnerable

**Tense & disconnected**

☐ Frustrated☐ Angry

☐ Irritated☐ Confused

☐ Embarrassed☐ Numb

02 / NOTICE & NAME

### Body sensations

Notice gently. Skip this section if you prefer.

**Tension & movement**

☐ A clenched jaw

☐ Tight shoulders

☐ A fluttering stomach

☐ Shaky hands

☐ A racing heartbeat

☐ Restless legs

**Weight & energy**

☐ Heaviness in my limbs

☐ Low energy

☐ A feeling of lightness

☐ A sense of energy

☐ Warm cheeks

☐ Cool hands

**Space & softness**

☐ An easy breath

☐ Softness in my shoulders

☐ A settled stomach

☐ A sense of stillness

☐ A relaxed face

☐ Warmth in my chest

My own words

03 / NOTICE & NAME

### Needs

Choose for yourself. What matters to you right now?

**Connection**

☐ Belonging☐ Understanding

☐ Affection☐ Support

☐ Empathy☐ Closeness

**Space & choice**

☐ Autonomy☐ Choice

☐ Freedom☐ Space

☐ Independence☐ Spontaneity

**Care & steadiness**

☐ Rest☐ Safety

☐ Nourishment☐ Movement

☐ Stability☐ Comfort

**Meaning & growth**

☐ Purpose☐ Learning

☐ Creativity☐ Contribution

☐ Clarity☐ Growth

**Honesty & respect**

☐ Authenticity☐ Respect

☐ Trust☐ Acceptance

☐ Appreciation☐ Communication

**Joy & harmony**

☐ Play☐ Beauty

☐ Ease☐ Peace

☐ Inspiration☐ Celebration

### My little reflection

Right now, I feel ...    In my body, I notice ...    Right now, ... matters / matter to me.