Self check-in

5 minutes

Five minutes to land before any other sheet. Notice which of the 8 C's are already here, then let your senses bring you into the room.

1 Which of the 8 C's are here right now?

Calm	Curiosity	Compassion	Clarity
Creativity	Courage	Confidence	Connectedness

2 Five things I can see

The lamp, a chipped mug, the corner of the rug…

3 Four things I can feel

The chair against my back, a cold floor, a sleeve on my wrist…

4 Three things I can hear

Traffic, the fridge, my own breathing…

5 What shifted as I slowed down

My shoulders dropped. The rush felt less urgent.

6 Which part was most active before I started, and what might it have been protecting me from?