

8 Ways to Check-In With Yourself Compassionately

Feeling unbalanced? Are your thoughts all over the place? Not sure where you should start prioritizing? Feelings of worry, stress, or panic? Working too hard in your relationships? Communication problems keep showing up at work or home? Maybe it's time for a check in-with yourself. Here are 8 ways to Check-in With Yourself using Compassion. Try to answer the questions and see what you come up with!

1. Are you doing it for the right reason(s)?
2. Were you taught the right way to assess/interpret situations?
3. Is this the right time?
4. Do I have the right tools? (do you need more or less or something?)
5. Am I in the right location/space? (relationship, business)
6. Do I use the right techniques to produce results?
7. Am I taking the right action?
8. Am I putting the right effort forth? (you don't always have to put 100% in every situation-what is your resting strategy?)

Thank you for taking the time to be compassionate with yourself! My name is Dr. Sonia Kennedy and I am an author, speaker, personal and business development coach. If this worksheet was helpful to you or anyone else you know, please let me know! I love feedback! You can also get the free download of Me! Me! I'm First to help you make the best decisions in the interest of you [here](#). You can also [schedule a free consultation with me](#) or email me at drsoniakennedy1@empoweringwellness360.com. For more tips and tools you can follow me on [The Power of One Blog](#). For [daily motivation](#) and to keep up with events and workshops that Dr. Sonia will be hosting [click here](#). Until then Be Incredible!