



The Heart Check-in



The Heart Check-In is a beautiful self-care tool to connect with yourself and reflect on everything you feel and experience inside.

This mini-meditation is suitable for any moment:

- _ As part of your morning or evening routine
- _ As a pause in your day
- _ When you feel stress, hurry, restlessness, or anxiety

→ 1. Find a comfortable, quiet spot

- > Choose a peaceful place
- > Sit comfortably – feel your sit bones on the chair or cushion
- > Close your eyes
- > Take a few deep breaths in and out – release tension with every exhale
- > Focus on your breathing and allow it to flow naturally
- > If thoughts arise, let them pass without holding on to them
- > Treat your thoughts neutrally – without judgment or elaboration

→ 2. Focus on your heart

- > Breathe in to your heart area/chest – calmly and deeply
- > Connect with your heart
- > Place a hand on your heart if it feels comforting
- > Gently explore what emotions live in your heart – be open to it

→ 3. Ask yourself questions

- > What lives in my heart / within me?
- > How do I feel at this moment?
- > What else do I feel?
- > What does this feeling tell me?



- > What do I need right now?
- > Do I feel the need to do something?

*Formulate your own questions – use what resonates best with you and your current situation.
You may encounter anything: sadness, restlessness, anger, joy, energy, or e.g. excitement for the day ahead.*

→ 4. Acknowledge your feelings

- > Accept what lives in your heart
- > Meet your feelings with kindness and curiosity
- > Acknowledge them – without judgment or attaching stories to them

→ 5. Nurture your heart and yourself

- > Accept everything that is present in the moment – everything is allowed to be
- > Treat yourself with self-empathy for all that you are experiencing
- > Feel gratitude for this moment of self-reflection
- > Take a few deep breaths
- > With each exhale, send love (or gratitude or another peaceful and nurturing emotion) to your whole body
- > Repeat a few times
- ...
- > Take your time and slowly return to the space around you

It may take practice to feel more deeply, to focus, and to quiet your thoughts – but remember, practice makes perfect :-).

I encourage you to tailor the Heart Check-In to your personal needs.

You know best what approach feels right for you.

Do you have questions about the Heart Check-In? Or would you like to share an experience? Feel free to get in touch! :-)