

Deep Check-In

One way to do a “deep check-in” is to take different areas of your life and ask yourself how things are going in each area. It is very important to be gentle with yourself. You are doing your best! It is not a time for self-judgment. Your goal is simply to listen to what comes up as you ask yourself how each part of your life is going, and what you might like to change now.

Here are two similar lists, which each use slightly different words for different parts of our lives. Choose one list or mix and match parts from each list as you do your check-in.

One list

Spiritual

Intellectual

Physical

Emotional including most
intimate relationships

Social

Day-to-day living*

Interface with world
(e.g. career, volunteer work, etc.)

Fun/creativity
(if not integrated above)

*including daily rhythm, where you
spend your time, financial situation,
look and feel of your home

Another list

Inner life

Taking care of body

Home life

Spiritual life

Family/friends

Community

Work

Play

Dreams/goals

Other

Another way to do a deep check-in is to ask yourself some questions and write out your thoughts. Here are some to choose from, suggested by author Jennifer Loudon. It is better to use just a few questions and answer them deeply than to give quick answers to many questions.

What do I value most in my life? How do I reflect these values back each day, in my work and to those I love?

How must I live if I believe I am enough?

What is my heart's deepest desire? How am I pursuing this desire in my life?
How am I keeping it buried?

What will it take for me to change? Do I honestly wish to change anything about myself or my life?

What is my calling in life? Am I living it? Have I rejected it? Do I truly wish to find it?

How can I bring the gift of myself to the world?

What do I seek?