

*A
Calmer
You
Today*
♥

What Do I Need Today?

A 2-minute check-in

SMALL
STEPS
BRIGHTER
DAYS

Sometimes the most helpful next step is simply pausing long enough to notice what you need.
Use this gentle check-in to reconnect with yourself and choose one small way to care for yourself today.

Pause & Notice



Right now, I feel...

What is taking up the most space in my mind today?

What does my body seem to need right now?

What would support me most today?

- ☐ Rest
- ☐ Movement
- ☐ Quiet
- ☐ Connection
- ☐ Food or water
- ☐ Fresh air
- ☐ Comfort
- ☐ A boundary
- ☐ Encouragement
- ☐ Time alone

*You
get to
choose
what you
need.*
♥



One small thing I can do today

PROGRESS
LOOKS DIFFERENT
EVERY DAY



A
KINDER
YOU
A BRIGHTER
TOMORROW



A gentle reminder

*You do not have to do everything today.
Start with what you need most.*



Beyond the Mirror Counseling & Wellness

Real support for real life

*You
Are
Enough*
♥