



## THE HIGHER SELF CHECK-IN

A 5-Minute Reset for Realignment

This is not about fixing yourself.  
This is about reconnecting to yourself.

Find a quiet moment. Take one slow breath. Answer honestly. No overthinking.

1. What goals have you tried this year that didn't stick?  
Why do you think they didn't stick?  
Why did you want them in the first place?
2. When do you feel most like yourself — grounded, calm, or clear?
3. What version of you are you tired of trying to maintain or perform?
4. If you trusted yourself fully, what would you stop forcing right now?
5. What does your highest self value more than productivity or perfection?

### EMBODIMENT PROMPT

Place one hand on your heart. Take one slow breath in and out.

Ask yourself quietly:  
“What do I actually need right now?”

Let the answer be simple.

You don't become your highest self through pressure.  
You return to her through connection.

