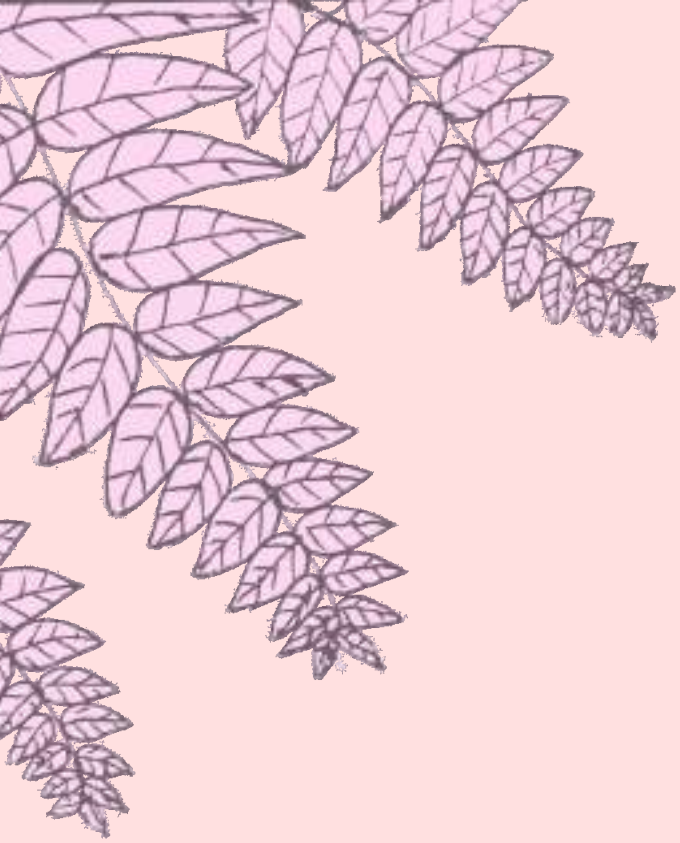


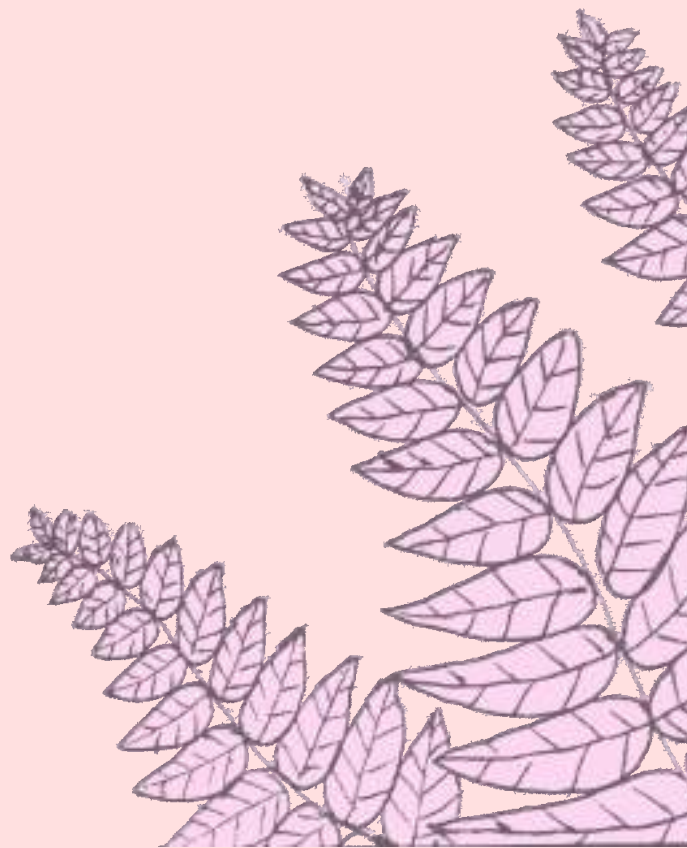


Check-In



Water Yourself

Check-In



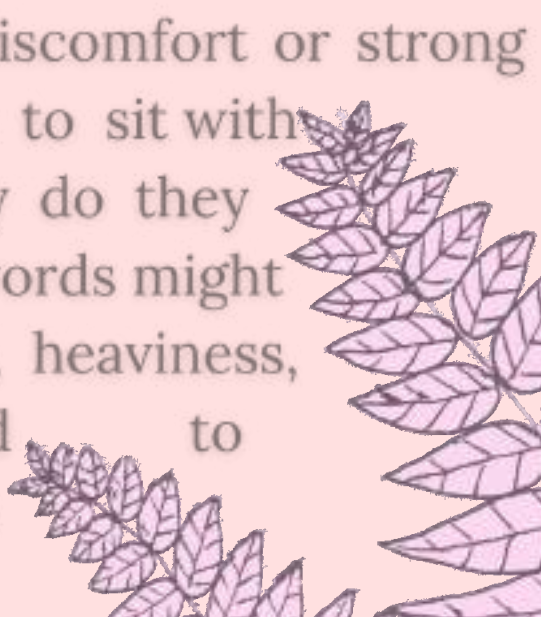


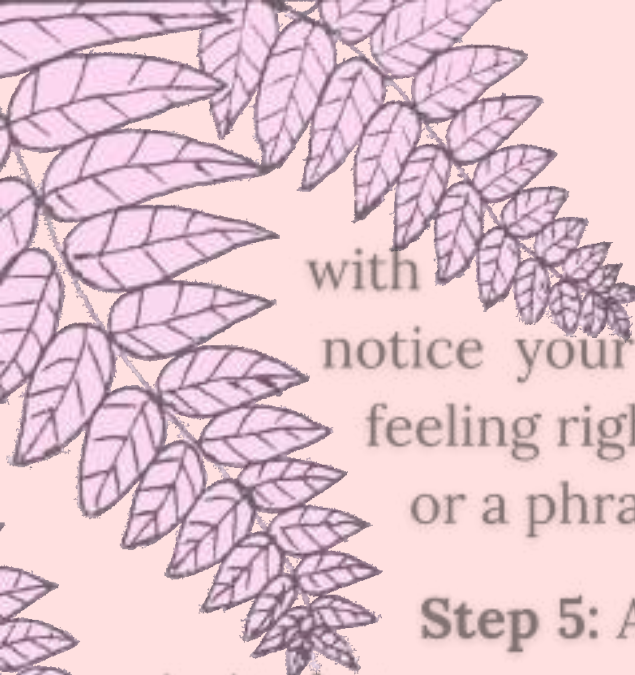
To start...

Step 1: Take a moment to pause whatever you're doing. Close your eyes if it feels comfortable, and focus on your breath. Don't try to change it—simply observe. Is it fast or slow? Shallow or deep? Notice how it feels to just breathe.

Step 2: Gently shift your focus inward and scan your body from head to toe. Start at the top of your head and slowly move your awareness down through your face, neck, shoulders, chest, and so on, until you reach your toes. What do you notice? Are there areas of tension, ease, warmth, or coolness?

Step 3: If you notice any discomfort or strong sensations, take a moment to sit with them. Where in your body do they seem to be located? What words might describe them — tightness, heaviness, tingling? There's no need to analyze, just observe with curiosity.





Step 4: After checking in with your body, take a moment to notice your emotions. What are you feeling right now? Is there a single word or a phrase that captures it?

Step 5: After naming an emotion, what is it that you would need from this deck right now? Choose a card from the section that feels most relevant to you at the moment:

- If you want to dive deeper into your emotional state, understand it better and feel it, go to **emotions**.
- If your focus is on your **body**, explore cards that invite some movement, nourishment or relaxation.
- For going deeper into your social connections, reflect on them, find **relationships** cards.
- And if you're seeking clarity or peace of mind, turn to the **mind** section for reflection and mindfulness practices.

Take your time and trust your instincts.

