

# Emotional Wellbeing Check-In

CHECK OFF THE BOXES FOR ACTIVITIES YOU DID

- DID YOU EXPRESS GRATITUDE TODAY?
- WHAT EXPECTATIONS OF "NORMAL" DID YOU LET GO OF TODAY?
- DID YOU MEDITATE OR PRACTICE DEEP BREATHING?
- DID YOU CHECK ON OR CONNECT WITH SOMEONE TODAY?
- DID YOU SHARE JOY WITH SOMEONE?
- DID YOU MOVE YOUR BODY?
- DID YOU SHOW KINDNESS?
- DID YOU DO SOMETHING MEANINGFUL?
- DID YOU LAUGH OR SMILE?
- WHAT BEAUTY DID YOU EITHER CREATE OR INVITE IN TODAY?



**AMAL ALLIANCE**  
EMPOWERING GLOBAL CITIZENS