

MINDFULLY CHECK IN  
WITH YOURSELF AND...

# HUNGRY

Am I hungry? What am I hungry for?  
Is it food, love, respect, or belonging?  
How can I satisfy this hunger?

# ANGRY

Am I angry? What am I angry about?  
What emotion lurks beneath the anger?  
Is it fear, shame, injustice?

# LONELY

Am I lonely? Is there a true friend I can  
call? A family member who has my back?  
A place where I feel safe?

# TIRED

Am I tired? Do I need a change of scenery,  
a nap, a true break, a good night's sleep?