

What am I getting from being so busy and frantic?

What is the next right thing to do?

What's most important in this moment?

What does my body need right now?

What is my next choice I need to decide?

How can I be gentle with myself right now?

How do I choose to spend my energy and time?

What do I need right now?

Breathe. What am I feeling?

What can I be satisfied with? It doesn't need to be perfect.

Print questions out onto cardstock or paper. Place in a jar.

To check in with yourself, take a deep breath then pull out a question. Ask the question.

What comes up for you? Is there something you need to do right now to act on what you hear?



I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business.

-Michael J Fox

Beth Dargis
www.mysimplerlife.com

Where is my heart right now?

How can I make this simpler?

What is my soul saying?

How can I nurture myself today?

What choice will keep me sane?

What do I need to let go of?

Are my expectations reasonable?

Am I holding any tension in my body?

What am I procrastinating on?

How can I savor this moment?

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I know of no more encouraging fact than the unquestionable ability of a man to elevate his life by conscious endeavor.

- Thoreau

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