



CLARITY COACHING | Rebecca Palmatier

The Self Check Reset

To help you come back to yourself before you override your own needs

Grounding Your Body and Mind

- Sit somewhere with both feet flat on the floor.
- Place one hand on your chest, one on your belly.
- Take 5 slow breaths.
- On each exhale, say quietly: “I’m here.”
- Notice: Am I tense? Bracing? Rushing?

Self Check-In

Ask yourself silently or use as journal prompts:

- Am I tired, overstimulated, or emotionally flooded?
- What am I pretending doesn’t matter right now?
- Where am I saying “yes” but feeling “no”?
- What would supporting myself look like in this moment?
- If I treated myself like someone I care about, what would I do next?

Choose Your Reset

- Take a 20-minute walk without your phone.
- Take a bath or hot shower and let your shoulders drop.
- Read 10 pages of a book that has nothing to do with productivity.
- Text someone safe and say, “I’m having a moment.”
- Go to bed 30 minutes earlier tonight.

Reflection

Say out loud or write it down:

“I am allowed to check in before I push through.

Listening to myself is strength.”

