

# Daily Reality Check

**Take a deep breath! How did that feel?**

Are you breathing in and out calmly through your nose? How often are you taking the time to focus on your breathing? How you are breathing can have an impact on how you feel.

**Have you planned some quality time by yourself today?**

Making yourself a priority will support you in feeling rested and ready for the day.

**How did you sleep last night?**

Sleep can have a huge impact on how you feel, so be kind to yourself if your sleep was disrupted and be aware that you might not be at 100% today.

**When was the last time you had a drink of water?**

Your hydration levels may impact how energised you feel throughout the day, so keep your water close.

**How are you going to nourish yourself today with your food choices?**

What do you have planned for today? Is it supportive of how you are feeling, how much energy you need and something that you enjoy?

**Have you planned to get off your beautiful behind and move with intention today?**

Let's keep those energy levels high and give our body the opportunity to move, stretch out and play.