

Your Health Snapshot

Honor where you are. Connect with possibility. Live in alignment.

My present experience

Mind: What is present for me mentally and emotionally?

Body: What sensations, energy, and needs am I noticing?

Soul: Where do I feel connection, meaning, and a sense of the sacred?

What I’m taking in

Notice what you welcome into your everyday life.

Area	What nourishes me?	What am I ready to shift?
Food and drink		
People and relationships		
Screens, reading, and media		
Music, listening, etc.		
Surroundings and daily demands		

The possibility I’m aligning with

Take a moment to connect with this version of yourself. Write in the present tense.

In my mind, I am...

In my body, I feel...

In my soul, I am connected to...

In my everyday life, I express this through...

How I embody this

What I continue to nurture:

What I’m ready to release or soften:

What I’m making room for:

One small action I’m choosing this week:

My next moment to pause and reflect: