



Emotional Regulation Tools Self Check-In “Check yourself and get unstuck” plan

**Begin by sitting still with yourself.
You must find a way to sit still and with solitude.
This practice is about clearing up your space.
Your external space and most importantly, your internal space.
Get quiet, take a walk, be in nature.
Clean up the space around your heart and within your body.
Instead of running away from it all, create more space around it.
Intend to take in all of this on a cellular level.**

Invite in these two practices for yourself. You may use a journal:

- 1) Stillness
- 2) Questioning

Beginning questions:

- How am I doing?
- What do I need right now?
- How do I feel in my body?
- What sensations do I notice in my body?

{Renee's personal practice}

After checking in with above questions:

- 1) Seek out *God/Universe/Spirit/Higher Self* FIRST (Pause and ask God or Higher Source for an intuitive thought or feeling.)
- 2) Sit with what is, rather than what I want.
- 3) Inventory the situation using the practice in Module 2 of Love Yourself Naked (notice and watch for: perfectionism, repressed anger, validation seeking, inner critic voice and instead focus on personal responsibility, boundaries, compassion, clearing clutter with things and people)
- 4) How can I show up differently, have more compassion for myself and others and be impeccable with my word?



**Time is our healer.
It's all about how you spend it.
You are learning to become more intimate with how you spend your time, right now.
Trust this process.**

1. Have you completed your 30 Day Plan and shared it with Renee?
2. Have you committed to a start date for the cleanse and shared it in SLACK?
3. Have you completed your personal fear/resentment inventory?

Be your word with yourself. Watch out for avoidant behaviors.

This is a simple checklist for times you feel most stuck!

No one lives a perfect life. NOTE: This is NOT a "to do" list. Do not use it that way. Often we are trying to control the outcomes of the stressors. Instead, we are going to BEGIN questioning ourself. Start with the bulleted questions below. Shifting our attention from the stressor to these items FIRST get's us unstuck. . We cannot make decisions with clarity if these things are not flowing.

Shift your attention to these items and start working on them with baby steps. Shift your attention away from the "thing you feel stuck around". One moment at a time, explore this list. You will find yourself taking care of primary needs and then finding solutions to bigger problems.

- Are you hungry
- Are you thirsty?
- Are you angry?
- Have you prayed?
- Are you tired?
- Are bills paid?
- Is your kitchen clean?
- Are you lonely?
- Is your bed made?
- Have you pooped recently? Do you go regularly (at least 1 time per day minimum)
- Is the house too cluttered?
- Is the laundry done and put away?
- Have you walked?
- Have you meditated?
- Do you need help with things?
- Are you being compassionate to yourself?