Three Centers Check-In

Head Center
What are my thoughts?
What am I aware of in my mind?
What thoughts, images, remembering, planning, hopes or concerns?

Heart Center
What are my emotions?
How would I describe my mood, attitude or emotional tone?
Is there frustration, anxiety, delight, disappointment, contentment?

Body Center
What are my sensations?
What am I aware of in my body?
Is there energy, fatigue, tension, aching, ease, calm?
What is the quality of my breathing?