



# THE HEALING SANCTUARY HUB

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FEEL BALANCED. FEEL RESTORED. FEEL YOU AGAIN.

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## Daily Wellbeing Check-In

A gentle one-page pause for reflection, calm and everyday self-care.

### How am I feeling right now?

- ☐ Calm      ☐ Tired      ☐ Hopeful  
☐ Stressed      ☐ Low      ☐ Okay

### My energy today



### What do I need today?

A word, feeling, boundary or small act of care.

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### One kind thing I can do for myself

Keep it small, realistic and gentle.

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### Something I am grateful for

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### My gentle intention for today

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### A quiet note to myself

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