**You can reply to the following questions in an email to yourself and then open it the next morning and copy/paste the questions into a new email. Answer them again each day in an email to yourself to prompt the work.**

**Be gentle with yourself — there is no right or wrong way of doing this.  It's okay if you skip a day, just experiment with this and see if it helps.  This is a daily check-in and a reminder to do something each day that is nourishing and stress-relieving for yourself.**

**How did I fill my cup yesterday?**

**How will I show myself some loving kindness today?**

**I'm appreciating...**

1.

2.

3.

4.

5.

**I'm accepting ...**

**Right now I feel …**

**My intention today is ...**

**I'm joyfully anticipating ...**

**Kudos for ...**

**I'd like to improve myself or add more to the stream of life by ...**

**Lately I've learned/I'm reminded that ...**