
DAILY CHECK-IN FOR OPTIMAL HEALTH

Have You Checked In Today?

We all lead busy lives and time flies by.

We're pretty good at "checking-in" with **others** we care about – via text, email, phone, notes. Our family, friends, children, co-workers, and boss are all used to us checking in with them regularly. And we expect the same from them.

But let me ask you this ...

How often do you stop to check in with *yourself*?

How often do you check in and notice what's happening with your body, mind, heart, and spirit?

True wellness starts when we stay attuned to our inner selves.

Why?

Because healing happens on four levels – **physically, mentally, emotionally and spiritually.**

It's important that you "check-in" daily to help you reconnect with your body, mind, heart, and spirit. You can use some or all of our questions below as a guide.

Energy flows where your attention goes.

Give yourself a valuable moment of attention every day in some healthy way and you will begin building improved wellbeing.



You are worth it!



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Daily Check-In Questions for Optimal Health

INSTRUCTIONS: Review the questions below for each of the 4 levels of healing. Take some time to pause, reflect, and truly check in with yourself. If desired, use the journaling space below each section to write your answers to the questions or other thoughts and goals.

PHYSICAL

- ♥ *How is the quality of my sleep? Do I have trouble falling asleep, wake up in the night, or have difficulty waking up?*
- ♥ *Do I have healthy, high quality food to eat today?*
- ♥ *Am I staying hydrated and keeping clean, purified water on hand?*
- ♥ *Am I drinking too much alcohol lately?*
- ♥ *Am I keeping up with my oral health routine?*
- ♥ *Am I constipated or having loose stools?*
- ♥ *Am I exercising enough? If I'm sedentary, how can I move my body more than I currently do?*

Journaling Space

Goal(s) for My Physical Health:



MENTAL

- ♥ *Am I distracted by my phone or computer?*
- ♥ *Am I anxious or worried about a situation or relationship?*
- ♥ *When needed, how can I refocus my mind on something positive?*
- ♥ *How will I spend my free time today or this coming weekend so that I'm not mentally exhausted?*

Journaling Space

Goal(s) for My Mental Health:



Suggested Resources & Recommendations to Enhance All 4 Levels of Your Health & Wellbeing:

Patient Resources Protocols & Instructions:

PLEASE NOTE: Everything listed below is available to patients of Thermography for Health NY. If you are a current patient, you have access to these protocols on the Patient Resources page of the website.

If you are not currently a patient, call the office to schedule an appointment and we will support your path to optimal health and wellness!

- Anti-Inflammatory Food Plan
- Aroma Touch
- Bath rituals
- Biosuperfood Protocol
- Diaphragmatic Breathing
- Dry Skin Brushing
- EMF Protection
- Essential Oils for Sleep
- Flow Your River Gentle Tummy Massage
- Irrigation Instructions
- Lymphatic Massage
- Microbiome Restoration
- Nitric Oxide Protocol
- Oil Pulling with Essential Oils
- Oral Parasite & Bacteria Test
- Psyllium and Colloidal Bentonite
- Sleep Quality Checklist
- Sun Care & Protection
- Tension Tamers
- Water is Alive

Some of My Favorite Products to Enhance Your Wellbeing:

- [Crystals – 7-piece Set](#)
- [doTerra Essential Oils](#)
- [Dry Brush](#)
- [Elderberry Tea](#)
- [Fascia Balls](#)
- [Fiber – Non-Psyllium](#)
- [Foam Roller – 4-inch](#)
- [Neti Pot](#)
- [Olive Oil](#)
- [Psyllium & Bentonite Bundle](#)
- [Pur2o](#)
- [Rebounder \(mini-trampoline\)](#)
- [Sleep Journal](#)
- [Water Bottle – Tammy's Favorite](#)



Checking in with yourself is a powerful way to listen to the whispers of your body, the needs of your heart, the dreams of your mind, and the roars of your soul.

Be Healthy, Be Happy!

What Can You Do to Increase Your Wellbeing and Optimal Health?

There is a deeper answer to these daily check-in questions - an answer that lives within the patterns of your thinking and your belief systems, which then affect your behaviors, your choices, and ultimately your health. All of this can be identified in your body... **If you know how to tap into the messages it is sending you.**

Introducing Body Talk

Body Talk is a great way to dive deeper, move past the surface, and uncover the truths and messages of your body. **Your truths are waiting to be discovered.**

You can use Body Talk to "check in" with yourself and see what your body wants to give attention to so that the energy flows towards what is needed most.

Body Talk identifies the breakdowns in your body and activates your own healing process. It's a new revolution in healthcare that uses a gentle tapping technique to restore communication and activate the body's ability to heal itself.

Body Talk is a simple approach that has proven to be so effective, that it has become the fastest growing healthcare system in the world today.



❖ **CALL NOW: 212-838-8884** ❖ **We look forward to working with you!** ❖

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