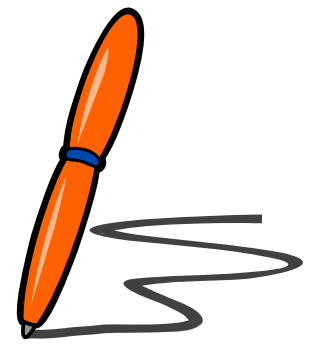


SELF-REFLECTION

inSPIRE Check-in



This self-reflection asks you do a bit of predictive thinking...imagining a "what if" scenario in the future. Get as creative and take as wide a perspective as you can!

1) How will regular practice of the inSPIRE check-in support your over-all wellbeing?

2) How will an inSPIRE check-in help you capture your "inner status" in current time?

3) How will that information help you self-manage or self-regulate?

4) Under what circumstances or situations do you imagine that you will inSPIRE check-in for yourself?