



Heart Check-In

A GENTLE REFLECTION WORKSHEET



*"Sometimes the gentlest thing
we can do is pause and listen."*



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GENTLE REFLECTION WORKSHEET



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A Note from *Bridget*

There have been many moments in my life when I was so busy caring for everyone else that I stopped noticing how I was feeling.

Over time, I discovered that healing doesn't always begin with having the answers. Sometimes it begins with simply asking ourselves **gentle questions** and creating space to **listen**.

This Heart Check-In is an invitation to **pause** for just a few moments and **reconnect** with yourself.

There is nothing to fix and nothing to do perfectly. Simply notice what is true for you today with **kindness**, **curiosity**, and **compassion**.

May this worksheet remind you that **your heart** deserves your attention, too.

With love,

Bridget ♥



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Before You Begin



Find a quiet place where you can take a slow breath and settle into the present moment.
There is no rush. You are safe here.



There are no right or wrong answers here. Allow yourself to respond honestly without judgment. Your thoughts, feelings, and experiences are welcome exactly as they are.
This is your space.



You may complete this worksheet whenever you need a gentle pause—a busy morning, a difficult day, or simply as part of your regular self-care practice.
Return to it as often as you need.



Take your time. Your heart already knows where to begin.
You are enough, exactly as you are.



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1. How am I feeling today?



2. What emotions have been asking for my attention?



3. What has been taking up the most space in my heart lately?

4. What do I need most today?

- ☐ Rest ☐ Quiet ☐ Encouragement ☐ Movement ☐ Connection
☐ Time Alone ☐ Creativity ☐ Nourishment ☐ Grace
☐ Something Else: _____



5. One gentle thing I can do for myself today is...



6. A reminder I want to carry with me today...



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Closing Reflection



Before you move on with your day,
place a hand over your heart and take one slow, gentle breath.

Notice how you feel in this moment.

Whatever you discovered today is enough.

Every time you pause to listen to yourself with compassion,
you strengthen the relationship you have with your own heart.

Healing isn't about having all the answers.
It's about returning to yourself,
one gentle moment at a time.

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Continue Your Journey

Thank you for spending this time with yourself.

Healing doesn't happen all at once. It unfolds through small moments of presence, gentle reflection, and the simple choice to return to yourself again and again.

If this resource supported you today, I'd love to invite you to continue exploring the growing collection of free resources inside the Healing by Bridget Library.

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Seasonal Resources

When you're ready, you can scan the QR code or click the button below to explore my growing collection of gentle practices, meditations, journals, featured chapters, and other heart-centered resources.



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The **Awakening the Heart Membership** includes an ever-growing collection of exclusive journals, guided practices, meditations, intuitive living guides, and printable resources created to support your healing journey throughout the year.

