

STEADY MINDS FOR MEANINGFUL WORK

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A Weekly Micro-Planner for Sustainable Wellbeing

Weekly Somatic Check-In

This week, my body feels:

☐ Grounded ☐ Steady ☐ Tense ☐ Wired ☐ Fatigued ☐ Disconnected

Where do I notice stress or tightness most often?

One practice that helps my body feel safe and supported:

☐ Gentle breathing ☐ Slowing pace ☐ Stretching ☐ Stepping outside ☐ Other: _____

My somatic intention for the week:

Daily Affirmation

- ☐ I can care deeply without carrying everything.
- ☐ Steady minds are built through small, supportive choices.
- ☐ I am allowed to pause, reset, and begin again.
- ☐ My wellbeing supports the work I care about.

My affirmation this week (encouraged to create your own):

Somatic Safety & Trust

☐ Intentional breathing ☐ Sensory grounding ☐ Posture reset ☐ Slow down intentionally

☐ Other _____ ☐ Other _____ ☐ Other _____

Sustainable Daily Rhythms

☐ Hydration/nourishment ☐ Brief movement ☐ End-of-day boundary ☐ Support tomorrow-me

☐ Other _____ ☐ Other _____ ☐ Other _____

Weekly Reflection

One small win I want to remember:

One adjustment I'll carry into next week:
