

MIW Daily Alignment Check-In

A Self-Reflection Tool for Activating Your Inner Intelligence

Start and end your day with mindful intention using this simple MIW (My Intelligence Within) check-in tool.

 Morning Check-In
“Which of my inner intelligences do I want to activate today so I can meet today’s challenges with greater ease and clarity?”
“How do I feel about myself today knowing I carry a rich inner system of intelligences that I can access at any moment?”
“How do I want to feel today?”
“What is my intention?”

 Evening Reflection
“What shifted today?”
“Where did I misalign?”
“What helped”
“How I am appreciative of today”
“How much I am happy to leave everything as it is for today and fall in deep sleep.”
“How much I am looking forward to a bright new beginning tomorrow”

Use this tool daily to set your  intentions each morning and reflect in the evening. Consistent practice will help you harness your  inner intelligences, build self-awareness, and navigate life’s challenges with clarity and ease.

“Your inner wisdom is always available – check in, connect, and align.”