

[Video] Check In

What

This is about making a video every morning and evening to check in with yourself. To increase the commitment, you can also do this with a friend, send each other your videos without commenting on them.

Why

Emotional check-ins help us to become more attentive and to get to know ourselves better. This increases self-efficacy and self-regulation. Because only when we observe ourselves closely and empathize with ourselves we can step out of the default mode and actively take control of our lives. In this way, we can move from passive reaction to active shaping of our lives. Reviewing the videos can also help you to get to know yourself more by combining the internal and external perspective and thus are able to increase our emotional intelligence.

Instructions

1. Breathe deeply and feel into your body.
2. Ask yourself, "How do I feel right now?"
3. Use descriptive words to capture how you feel. Tool e.g. Plutchik's Wheel of Emotions.
4. Brainstorms what could contribute to these feelings.
5. Choose one thing that you could do today that you feel would be beneficial for you.

Note:

The video is meant for personal use and reflection. Don't comment on your partners video without asking first if it is okay.