



# JANUARY CHECK IN

I hope January has been treating you well. On the next page are a series of prompts to help you check in with yourself emotionally, energetically, spiritually and physically.



As you embark on this journey of self-discovery, consider integrating the healing power of Reiki. Reiki is a gentle, yet powerful form of energy healing that promotes balance and well-being on all levels—emotional, energetic, spiritual, and physical. Through the art of energy transfer, Reiki helps to clear blockages, enhance your natural healing processes, and restore harmony within.

Distance Reiki sessions offer you the comfort of receiving this healing energy wherever you are, allowing you to feel nurtured and supported without leaving your sanctuary. I invite you to book a 30-minute session to experience the peace and clarity that Reiki can bring, gently guiding you on your path of transformation and self-love.

[SCHEDULE A 30 MIN  
DISTANCE REIKI SESSION](#)

# REFLECTION PROMPTS

## **Self-Discovery and Growth:**

- What have I learned about myself so far in 2025?
- How have I surprised myself in these first few weeks of the year?
- What intentions have felt most meaningful to me, and why?

## **Connection and Grounding:**

- In what ways have I felt connected to the earth and the elements this month?
- What practices help me feel grounded and centered?
- How can I continue to cultivate a sense of calm and peace in my daily life?

## **Challenges and Insights:**

- What challenges have I faced, and what have they taught me?
- How have I shown resilience or courage in moments of uncertainty?
- What limiting beliefs am I ready to let go of?

## **Gratitude and Celebration:**

- What small victories or progress am I grateful for?
- How can I celebrate my journey and honor my efforts?
- Who or what has been a source of inspiration or support for me?

## **Looking Forward:**

- What do I hope to cultivate or learn in the coming months?
- How can I be kinder to myself as I pursue my goals?
- What is one step I can take toward my intentions this coming week?