



Into the Light

Light Check-Ins: A 5-Day Reflection Guide

A playful, grounded way to notice your energy and meet it with care.

This isn't about mastering consistency or pushing for progress.

It's about noticing how your light shows up today, bold, flickering, quiet, or steady and then responding with care instead of expectation.

Each prompt offers a slightly different lens. Move through them over five days, mix and match, or revisit the ones that resonate. There is no checklist here.

Your energy will change. That's not a problem to solve; it is something to tend.

And tending, gently and honestly, is its own kind of strength.

Light Check-in. *Where Am I Starting From?*



Before the to-do list elbows its way in, take a beat.

What kind of light are you waking with today?

My energy this morning feels most like:

- Warm sunrise peeking through clouds
- A dim lantern flickering (but still hanging in)
- Total blackout—but still here
- A soft, steady glow
- None of the above? Here's how I'd describe it:



What's turning today's light up—or dimming it a bit?

(Could be a dream, a flare-up, a good cry, a small win, or just weird weather...)

A move that makes sense for this version of me:



Still Shining Moment

Even in the middle of everything, there's often something, a flicker of strength, a quiet moment that felt like yours.



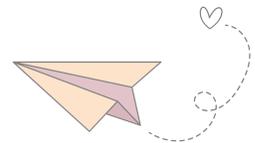
Light on the Move. *What's Shifting in Me Today?*

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Your inner strength isn't fading, it's just taking new shape. Some days it rises with force, others, it drifts in quietly and waits. This check-in helps you notice what's shifting and meet it with presence.

Right now, I feel a shift toward:

- Clarity (I can almost hear the lightbulbs clicking on)
- Resistance (everything feels uphill, including socks)
- Grief (even if I can't name why)
- Motivation (surprise! I have a to-do list and opinions)
- Something else entirely:



When I feel this way, I usually respond by:

Today, I'll try:

Maybe letting it pass without judgment, riding it out gently, or choosing one tiny thing that feels doable.

✨ Still Shining Moment:

Even on shifting days, there may be something, a glimmer of momentum, a moment of truth, a flicker of power.

What gave me that spark today?



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Lighter Steps *Easing Into the Day*

Not every morning needs a mission statement. Some days, just beginning is enough.



The kindest way I could start today (without pretending I'm at full power):

Right now, my energy feels most like:

- A matchbook with one solid spark left
- A slow but determined simmer
- Coasting on pilot light
- Somewhat steady, let's not jinx it
- [Describe your own version of 'just enough']

One small action that fits the version of me showing up today:

Think low-lift, high-respect, something doable without betraying your current bandwidth.



Still Shining: A Moment That Mattered

Maybe you found a tiny rhythm, handled one thing well, or simply showed up with your whole honest self.

Name the moment that reminded you that you're still here, still trying, still shining.



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Rewriting the Script *When the Day Isn't Playing Along*



Even the best-laid plans sometimes faceplant before noon. That doesn't mean you failed, it just means the energy showed up with a rewrite.

Today I thought I'd feel like:

But it turns out, I'm actually feeling more like:

Instead of pushing through, I could...

- Reframe something small
- Reschedule what's not urgent
- Remove one thing entirely
- Recharge without apology
- [My own gentle pivot:]



Today is not the whole story. A grounding thought I want to carry with me anyway.

✨ Still Shining Moment:

Maybe it's how you rerouted without shame. Maybe it's the laugh you didn't expect. Maybe it's simply still being in it.

Name a moment that reminded you you're still here, still trying, still shining.



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Soft Focus *A Single Bright Spot*

When everything feels loud or scattered, narrowing your focus can be an act of self-respect. Today isn't about doing all the things, it's about noticing the one that matters most.

 **Today, I'll center myself around...**

Everything else can be...

- Background noise
- A maybe for tomorrow
- Someone else's priority
- None of my business
- [My own version of "not now"]

Something I still know about my inner strength, even when it's hard to feel:



Still Shining: A Moment That Mattered

Maybe you remembered what you care about. Maybe you showed up gently but fully. Maybe your focus found you.



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Keep Coming Back Into to the Light

Whether today brought a flicker, a flame, or something harder to name—you showed up. That matters.

This reflection wasn't about finding the "right" answers. It was about noticing. About offering yourself five small mirrors, each angled just a little differently, to help you see your light more clearly.

Some days, it's bold.

Some days, it barely peeks through.

Both count.

This isn't a test. It's a reminder:

You're not here to perform your strength.

You're here to remember it.

Keep noticing. Keep tending.

And when you forget (because we all do), you can always begin again.

Want more like this? Find us at intothelightcommunity.com, where we believe your strength was never missing—it just needed the right light.