

# My Check-In


*In loving kindness, I do this check-in for my learning experiences and what I feel most of the time. I do not judge it and am grateful as it makes me aware of where I can experience more joy.*

# Joy Generation

How do I feel about myself and my self-worth when I am learning and studying?



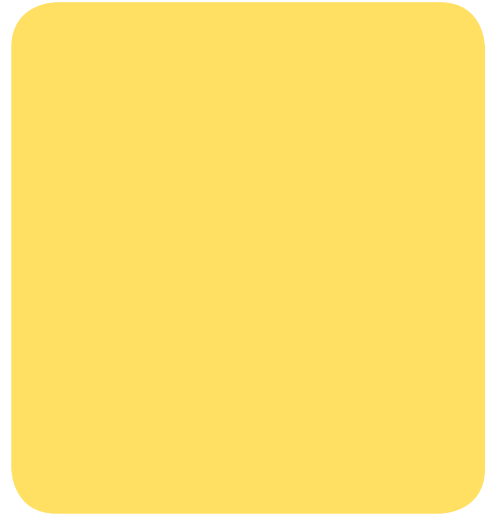
How do I feel about my overall wellbeing and vitality when I am learning and studying?



How relaxed, nourished, appreciated and cared for do I feel when I am learning and studying?



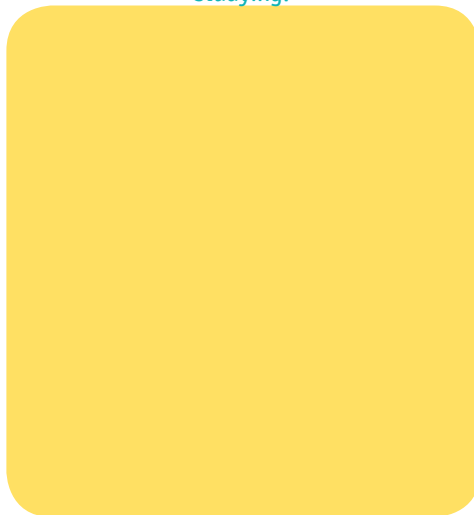
How energised, stimulated, heard, and seen do I feel when I am learning and studying?



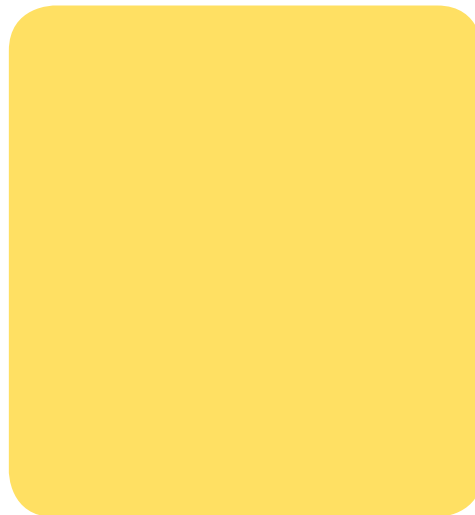
How curious, attentive, responsive, and attentive do I feel when I am learning and studying?



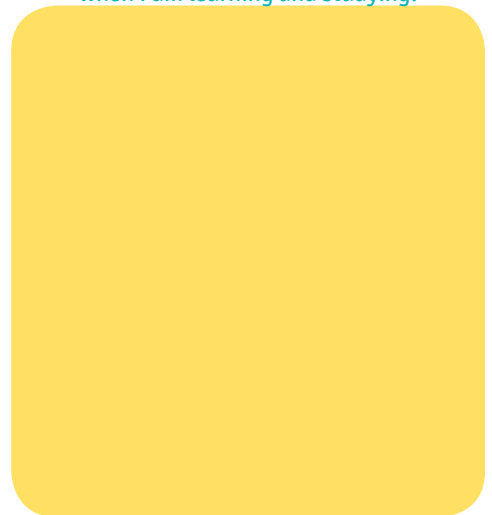
How do I feel about the tempo and expected performance when I am learning and studying?



How do I feel about the time given to explore, absorb, and internalize learning materials?



How do I feel about the time available for self-care, relationships, play, hobbies, and exercise when I am learning and studying?



# My Check-In


*In loving kindness, I do this check-in for my learning experiences and what I feel most of the time. I do not judge it and am grateful as it makes me aware of where I can experience more joy.*

# Joy Generation

How connected do I feel with what I am learning and studying?



How connected do I feel to others and the world when I am learning and studying?



How do I feel when I encounter, explore and discover something new?



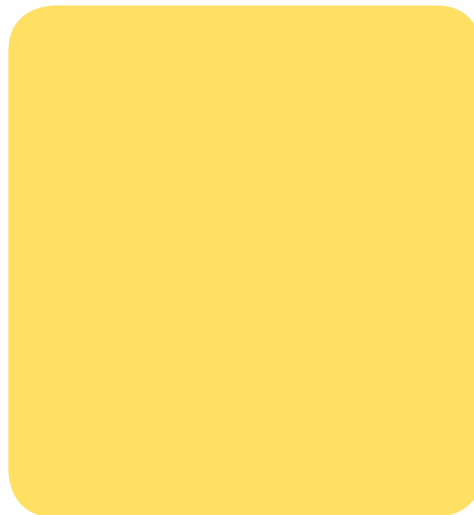
How do I feel when I am engaging with fellow learners?



How do I feel when I am engaging with teachers/lecturers?



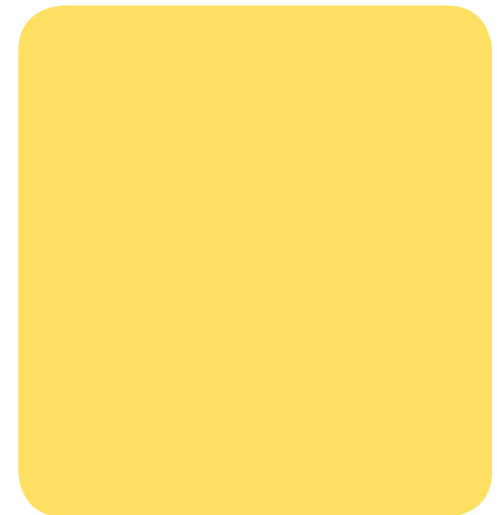
How do I feel about how I handle stress and pressure when learning and studying?



How do I feel about online learning?



How do I feel about asynchronous, self-paced learning experiences?



# My Check-In

*In loving kindness, I do this check-in for my learning experiences and what I feel most of the time. I do not judge it and am grateful as it makes me aware of where I can experience more joy.*

Joy Generation

## Sit with that for a moment.

Now imagine what life will be like when the response in all these areas are.  
I.e. It feels joyous and good to...

What if this is all possible?

Would you like to explore such a possibility?\*\*\*

Thank you for doing a check in.  
This check in is for you.

\*\*\* You are welcome to connect with us at [han@joygeneration.world](mailto:han@joygeneration.world) to explore.