

CHECK-IN CARDS

A TRUE-HEARTED
CONVERSATION WITH YOURSELF





OTHERS ABOUT CHECK-IN CARDS

"BEAUTIFUL SET WITH CARDS THAT MAKE YOU THINK. QUESTIONS THAT ENCOURAGE GOOD CONVERSATIONS, WITH YOURSELF AND OTHERS"

~

JITSKE KRAMER

(CORPORATE ANTHROPOLOGIST, SPEAKER, TRAINER AND AUTHOR)

"WHAT A SUPER COOL CARD DECK. I HAVE CAREFULLY EXAMINED THEM ONE BY ONE. THE COLOURS, IMAGES, TEXTS... AND THEY EVEN FEEL SOFT. I CAN RECOMMEND THEM TO EVERYONE."

~

KARIN STURKENBOOM

(SENIOR COACH, TRAINER AT PHOENIX)

"DEFINITELY RECOMMENDED. BEAUTIFULLY MADE, BEAUTIFUL DESIGN, STRONG CONTENT AND POWERFUL OPERATION. CAN BE DEPLOYED AND USED IN DIFFERENT WAYS. I'VE BEEN EXPERIMENTING WITH IT FOR THE PAST FEW WEEKS AND IT ALWAYS PRODUCES SOMETHING BEAUTIFUL. FOR MYSELF, AS AN TOOL DURING COACHING OR AS AN INTERMEZZO DURING MEETINGS."

~

EVELINE HORBACH

(SENIOR COACH, TRAINER, HAPTOTHERAPIST)

"

"I AM SUPER HAPPY WITH THE CHECK-IN CARDS. PERHAPS THE MOST BEAUTIFUL GIFT I HAVE EVER GIVEN MYSELF IN TERMS OF PERSONAL GROWTH AND DEVELOPMENT. IT REALLY IS A GREAT PRODUCT THAT YOU HAVE DEVELOPED."

~

DENICE MULDER

"A CONTINUOUS PROCESS OF BECOMING AWARE, TUNING IN AND EXPERIENCING"

LEARN VERY CONCRETELY HOW
TO:

1:

GROW IN YOUR PERSONAL
DEVELOPMENT BY ADDRESSING
YOUR INNER WISDOM

2:

INCREASE YOUR RESILIENCE BY
STRENGTHENING THE
CONNECTION WITH YOURSELF

3:

RELY ON YOUR INNER WORLD, SO
THAT YOU CAN ACT FIRMLY AND
CENTERED IN THE OUTER WORLD



WE WANT TO GROW IN CONSCIOUSNESS AND LIVE ACCORDING TO OUR INTENTIONS, BUT IT TURNS OUT TO BE A HUGE CHALLENGE IN A WORLD WHERE WE ARE ABSORBED BY TO DO'S, TEMPTATIONS OF SOCIAL MEDIA, EXPECTATIONS OF OUR PRIVATE/WORK ENVIRONMENT ETC.

CHECK-IN CARDS FACILITATES A TRUE AND HONEST CONVERSATION WITH YOURSELF. SOMETHING THAT MOST OF US HAVE NEVER LEARNED.

SAVE HOURS OF READING, STUDYING AND SEARCHING, BY LETTING THE CARDS LEAD YOU TO A PLACE WHERE YOU CAN ALWAYS FIND THE ANSWERS TO EVERYTHING.

WHO USES CHECK-IN CARDS?

ALTHOUGH CHECK-IN CARDS HAS BEEN DEVELOPED FOR INDIVIDUAL USE, COACHES AND TRAINERS ALSO MAKE FREQUENT USE OF THE SET.

EXECUTIVES LIKE TO USE CHECK-IN CARDS FOR THEIR TEAM MEMBERS AND WE ALSO GET A LOT OF ENTHUSIASTIC REACTIONS FROM COUPLES, FRIENDS AND FAMILY MEMBERS, WHO WANT TO HAVE THE CONVERSATION WITH EACH OTHER ON ANOTHER LAYER!

CHECK-IN CARDS



GENERAL

- 1 START OF THE DAY
- 2 END OF THE DAY
- 3 ANYTIME
- 4 PHYSICAL
- 5 EMOTIONAL
- 6 MENTAL
- 7 SPIRITUAL
- 8 ENERGETIC

- 9 RUSHED
- 10 FORCING YOURSELF
- 11 STRESSED
- 12 BUSYNESS
- 13 OVERLOADED
- 14 DIFFICULT CHOICES
- 15 PRIORITIES
- 16 MANAGING ENERGY
- 17 LISTLESS
- 18 BOUNDARIES
- 19 EXPRESSING YOURSELF
- 20 BEING YOURSELF
- 21 SELF-CONFIDENCE
- 22 PERFECTIONISM

- 23 MULLING
- 24 LIGHTER
- 25 LETTING GO
- 26 TRUST
- 27 SURRENDER
- 28 FREEDOM
- 29 BEYOND JUDGMENT
- 30 TRIGGERED
- 31 UPSET
- 32 CHALLENGING RELATIONSHIPS
- 33 OVERWHELMED
- 34 ANXIETY
- 35 PAIN
- 36 LOSS
- 37 MOVED
- 38 FRUSTRATION
- 39 SETBACKS
- 40 OPPORTUNITIES
- 41 DESIRE
- 42 PURPOSE
- 43 MANIFESTATION
- 44 LOVE
- 45 GRATITUDE

45 THEMES

A UNIQUE CHECK-IN FOR
EACH MOMENT

CHOOSE A SPECIFIC THEME IN LINE WITH YOUR FEELINGS

☾ START OF THE DAY 1

☾ MANAGING ENERGY 16

☾ PERFECTIONISM 22

☾ LETTING GO 25

☾ OPPORTUNITIES 40

☾ PURPOSE 42

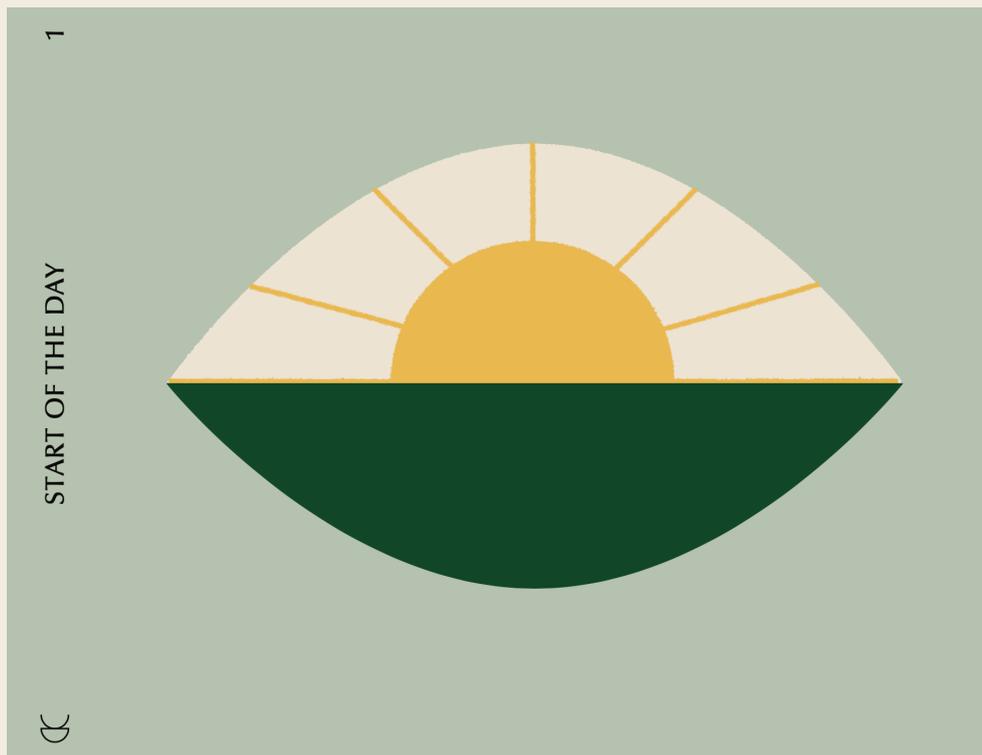
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CHECK-IN CARDS TO TRY OUT

WHEN YOU CHECK IN, YOUR EGO CHECKS OUT...

NR 1

DISCOVER
CHECK-IN CARDS



CHECK IN WITH YOURSELF LET THE CARDS GUIDE YOU

1

START OF THE DAY

FOCUS YOUR ATTENTION ON YOUR INHALE, ACTIVELY TAKING IN SEVERAL DEEPER AND LONGER BREATHS. NOTICE ANY THOUGHTS, FEELINGS AND PHYSICAL SENSATIONS, AND LET THEM INFORM YOU.

Who do I want to be today? What do I want to tune in to and connect with?
How do I want to feel? Embrace this and sense how your body responds.
What would I like to spend extra time and energy on?
This is why I am going to... and pay attention to...
I am looking forward to...
I am allowing myself to...
Today, I want to remind myself to...

CC

NR 16

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CHECK-IN CARDS

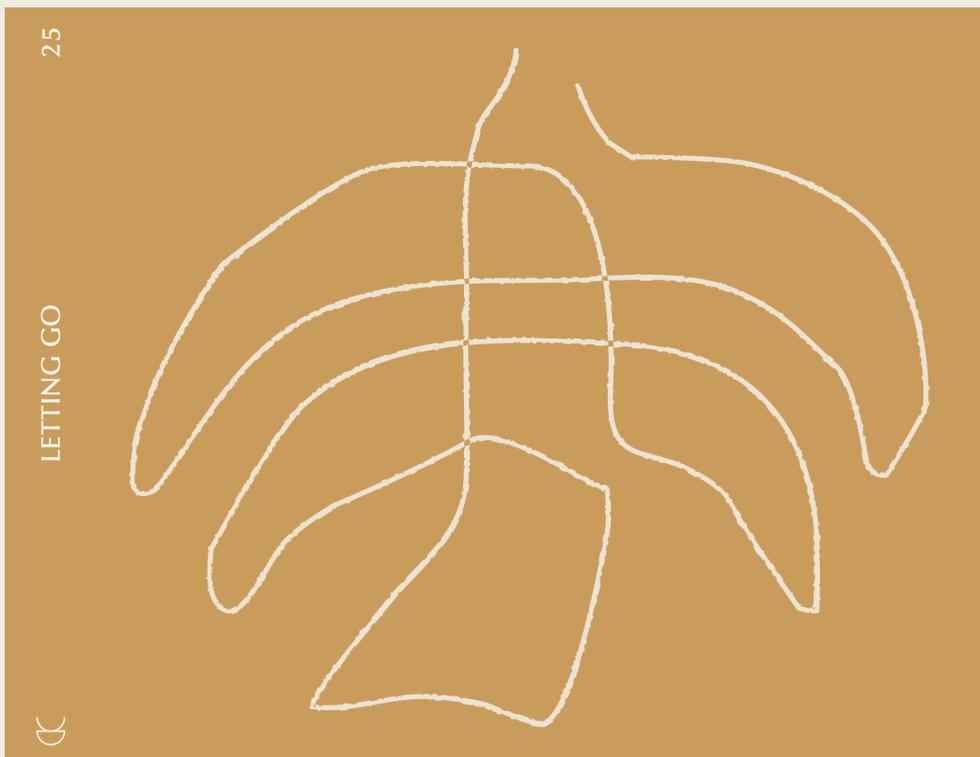


CHECK IN WITH YOURSELF LET THE CARDS GUIDE YOU

16 MANAGING ENERGY	TOO MUCH AND TOO LITTLE ACTION BOTH DRAIN ENERGY...
	Turn your focus inward and connect with your inner world.
	What are my body, my breath and my emotions telling me?
	Which feelings or signals have gone unnoticed, or have I ignored?
	What is my energy level right now (on a scale of one to ten)?
	What is the biggest energy drain?
	Which thoughts are holding me back (from taking care of myself)?
	What are my true needs and which ones are most important? Open yourself up to this.
	Focus on the things that help recharge your battery and increase your energy level.

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LETTING GO

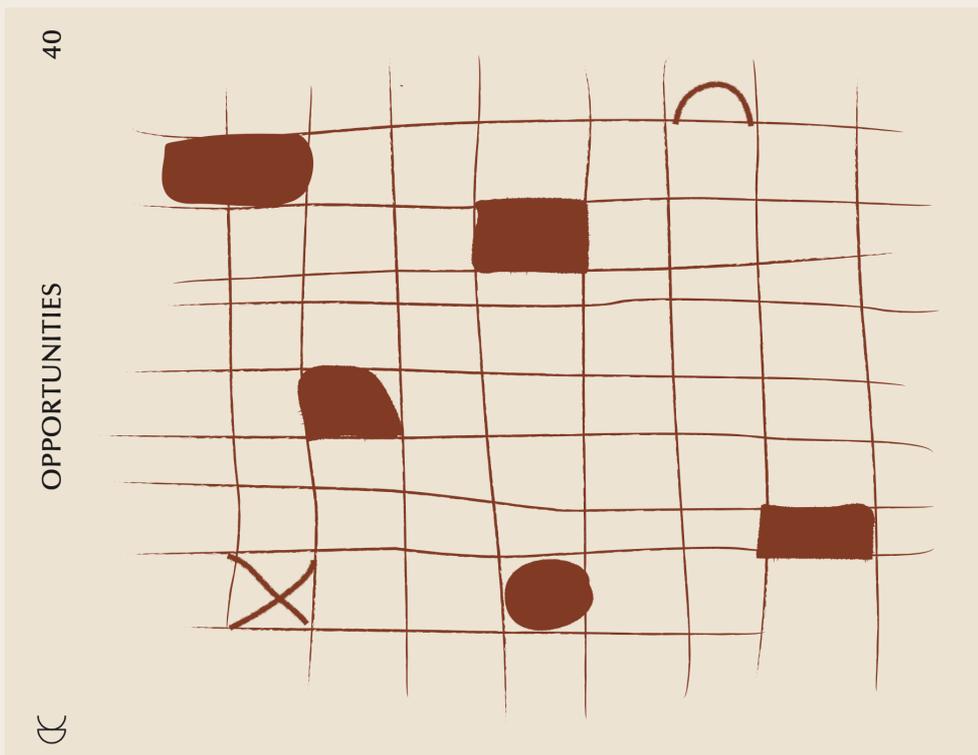
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WHEN WE LET GO OF OUR RESISTANCE AND (ILLUSIONS OF) CONTROL,
THINGS WILL FOLLOW THEIR NATURAL FLOW...

Notice how you would like things in the here and now to be different.
What do I find difficult, stressful or challenging? Which thoughts cause me to contract?
Consciously inhale and exhale for several breaths.
Take your time to physically relax, settling into that what is.
Is it a matter of letting go, or holding on in a different way?
Imagine allowing things to unfold. Which opportunities, possibilities and advantages present themselves - no matter how small?
Which supportive thoughts are helpful in reconnecting with my natural flow?
How does this make me feel?
Therefore, what does this require me to do?

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OPPORTUNITIES

STAYING CONNECTED TO THE HERE AND NOW INCREASES YOUR OPPORTUNITIES.
IT IS THE ONLY REALITY THAT ALLOWS US TO BE CREATIVE.

What makes me feel insecure, tense or excited?

Connect with your body, opening yourself up to your feelings and accompanying sensations.

What sense of urgency do I experience in creating new opportunities?

On a scale of one to ten, what is my energy level?

It is important to keep moving, but forcing things or overextending yourself will get you nowhere. Is my field of vision wide open or narrow and inflexible?

What is my head telling me about this situation?

What is my heart telling me about this situation?

What are my hopes? And which needs will be met by them?

What reasons can I think of to remain hopeful?

Which pitfalls do I want to protect myself from and/or what do I want to let go of?

What do I want to explore, attempt or plan?

C

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PURPOSE

GROWTH LIES AHEAD. THEREFORE, INSTEAD OF THE FAMILIAR PATH,
CHOOSE THE ROAD LESS TRAVELED...

What no longer feels satisfying and needs renewal?

Can I, may I and dare I feel what wants to be lived by me?

What gives me joy and energy and what would I like to experience, look into
or discover?

What could prove challenging? What do I feel insecure about?

Which specific thoughts are holding me back?

Which ideas and expectations of 'the new' can I let go of, so that I remain open
to all possibilities?

What are things I do not need to know right now? What can I rely on?

How can I already give my desires more purpose in my life?

ALLOW THIS TO SINK IN. SOONER OR LATER YOU WILL
SPREAD YOUR WINGS AND FLY.



A TRUE-HEARTED CONVERSATION WITH YOURSELF

VISIT THE WEBSITE >>



ABOUT

DISCOVER
CHECK-IN CARDS



CHECK IN WITH YOURSELF LET THE CARDS GUIDE YOU

CHECK-IN CARDS



By Edith Horsting & Bente Heijtel

ABOUT

Bente and Edith share a deep-rooted interest in the development of self-awareness and working with inner wisdom. Their mutual fascination for these topics culminates in Check-in Cards.

Over the past ten years, Edith and Bente have developed and implemented leadership programs and individual coaching, increasingly homing in on the physical, mental, emotional and energetic levels of consciousness. During their spare time, they have devoted countless hours to in-depth courses and online classes, listened to endless podcasts and satsangs.

Newfound wisdom and insights gradually

made their way into their interpersonal check-ins. With Check-in Cards, in-depth wisdom and personal transformation are made practical and easily accessible for everyone.

“Our mission is to inspire people, so that checking in becomes part of their daily routine. We want to enable you to check in with yourself just as often as on social media.”

With Check-in Cards, Bente and Edith delve deeply into 45 different themes – based not only on their accumulated knowledge and expertise, but on personal experience as well. Each card has been thoroughly tried and tested.

Translator: Bambi Bogert ©
Art and design: Anne Olde Kalter 🧘🏻

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