



SAWUBONA

10 TO +1 CHECK-IN

A simple guided self-awareness check-in reflection

Purpose: Not to force a 10/10, but to notice where you are, understand what is influencing it, and identify one helpful next step.



1 WHERE AM I?

Give yourself a number from 0-10.

Ask: What tells me I am this number rather than lower? What is already helping me?



2 WHAT IS BEHIND IT?

Name what is sitting underneath the score - without judging it.

Ask: What am I feeling? What am I carrying? What has happened? What is taking up space in my head?



3 WHAT WOULD 10 LOOK LIKE?

Make 10 personal and concrete - not someone else's version of a good day.

Ask: If things were closer to 10, what would be different in how I feel, think, act or connect?



4 WHAT WOULD +1 LOOK LIKE?

Forget the leap to 10. Look for the next small movement.

Ask: If I am a 6, what would a 7 look like? What one small thing could help me move one point?



5 WHICH CIRCLE IS IT IN?

Put the worry in the right place: Control, Influence, or Outside Both.

Control: act, take responsibility, do it now.

Influence: speak, plan, try, or collaborate.

Outside both: release responsibility for what you cannot change today.



Ask yourself:

- Can I control it?
- Can I influence it?
- Or do I need to release responsibility for it today?



6 ONE COMMITMENT



Finish with one realistic action - not ten.

Complete: "Today, the one thing I will do for myself is _____." Then check in again without judging the result.



ASK, DON'T ADVISE

When someone shares their score, resist fixing. Try:

"I hear you. Do you want to talk about what is making it a 5, or would you rather we simply know that is where you are today?"



WHEN SOMEONE NEEDS MORE THAN A CHECK-IN

If someone says they are unsafe, do not want to be here, or may harm themselves or someone else, treat that as more than a score. Stay connected, ask directly about immediate safety, and help them access appropriate urgent or professional support.



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