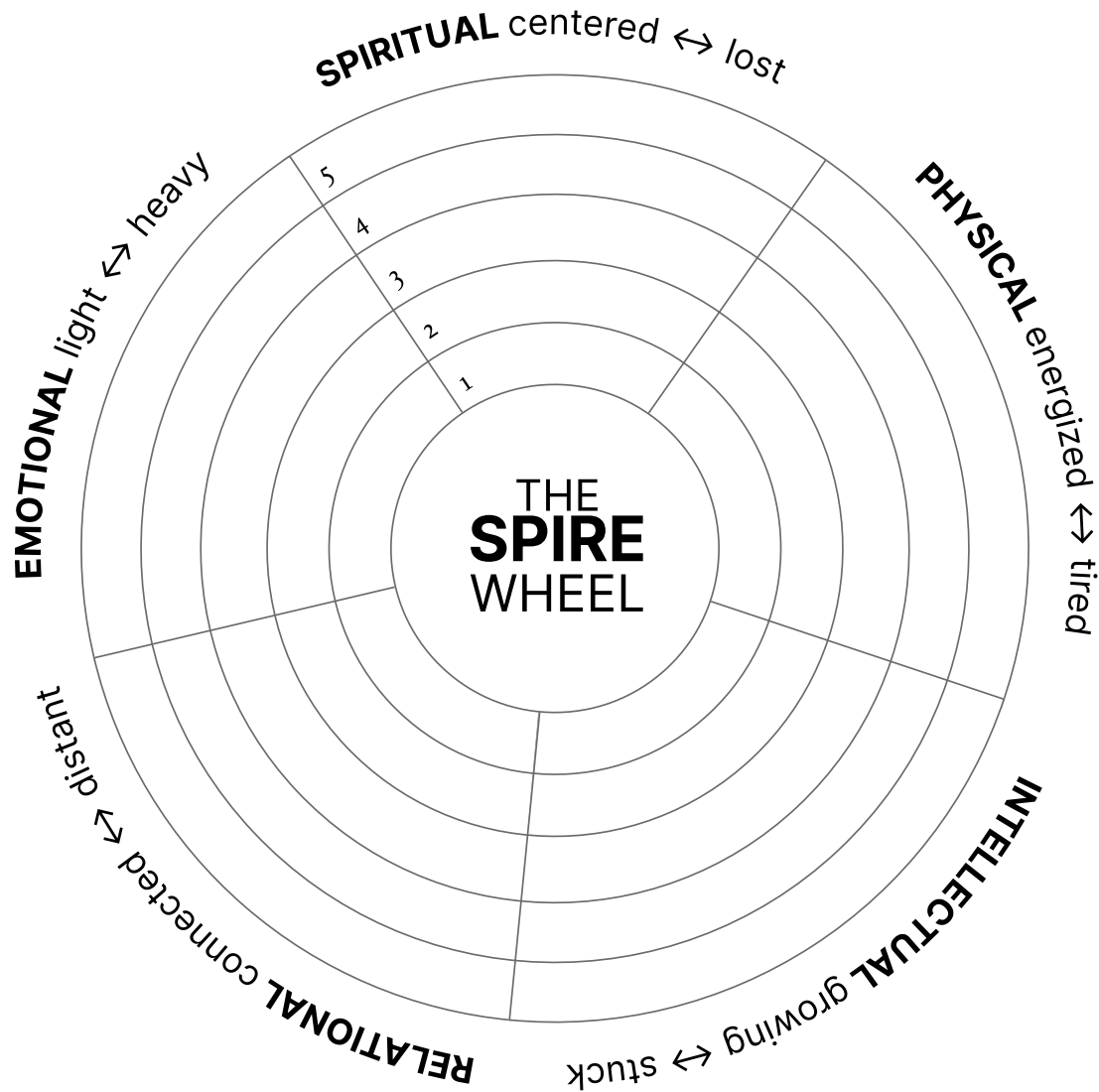


Travel Light: Design Your Inner Experience

A 2-minute check-in for your day, or anytime you need a reset.

Shade each area from the center (1 = low) to the outer edge (5 = high), based on how you feel right now.



Now, notice: what feels lowest?

One small Happit (tiny shift) I can try right now:

(e.g., take a short walk, text a friend, pause and breathe)

Travel light. You don't have to carry every thought.

Continue the journey at cheenakaul.com