

# Reality Check

WHAT'S GOING ON TODAY?

A collection of prompts and questions to help you check in with yourself.



COMPLIMENTARY WORKBOOK

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# Hello there!

How are you today? I really hope this finds you at a time when you feel curious about yourself. Curious enough to ask yourself a few questions – some difficult, some unexpected and some that might make you smile. Truthfully, I turn to the practice of “checking in” with myself as a way to understand what I’m feeling in the present moment, but of course that requires a little help from looking into my past and knowing what I’d like for the future. I’d like to believe that getting to know myself a bit better will help me lead a more meaningful life, with impactful relationships, interesting projects and a sustainable career.

Above it all though, my desire is to be honest with myself.

So I’d like to invite you to have a go at this succinct workbook I’ve put together. It’s a collection of questions and prompts that I’ve put together with the intention of acting as a map, while I turn inwards – and I’m sharing it with you :) I’m afraid this mostly draws on my own personal experiences and most likely won’t substitute for professional advice in the realm of coaching and counsel, but it is a starting point. Again, my personal belief rests in the idea that we can’t really separate our work-lives, community and personal lives from each other. This is what provides the foundation for the questions and prompts shared here. The workbook is divided into FIVE sections with each section calling into focus, a certain aspect of our lives but doing so with the knowledge that each aspect must be in alignment with the other. There are no rules to using this workbook, except maybe the ones you come up with yourself. Perhaps you’d like to use this annually, or maybe (as I recently discovered) once every quarter or four months. Or maybe, whenever you feel like you need a simple nudge. My only suggestion would be to hold on to your responses, especially the Resource Lists you create, so you don’t have to search for them later.

Whatever you end up doing with this workbook, I hope it offers you some sense of perspective and direction – perspective on what’s going on with you right now. Good luck, rest up and keep moving forward. The world’s genuinely better for what you bring to it – don’t let anyone tell you otherwise. Ever :)

Warmly,  
Manojna

# WHAT'S INSIDE THIS WORKBOOK?

YOU CAN PUT A CHECK NEXT TO  
THE ONES YOU'VE COMPLETED

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Creative Check In



Business Check In



Well-being Check In



Community Check In



Financial Check In

Also you can pick whichever order you'd like to complete the  
check-ins.

# Creative Check In

We're all creative, even if we don't always understand or believe it. But nurturing this sense of curiosity and creativity can be a bit daunting, especially in a world where we're encouraged to consume content faster than it's thoughtful creation.

So how do you nourish and exercise your creative spirit?

What makes something both inspiring and fun?

Who's approval matters the most?

Are you comfortable being bored?

What's one skill or interest that you've been keen on exploring? And how?

# Resource List

Key words

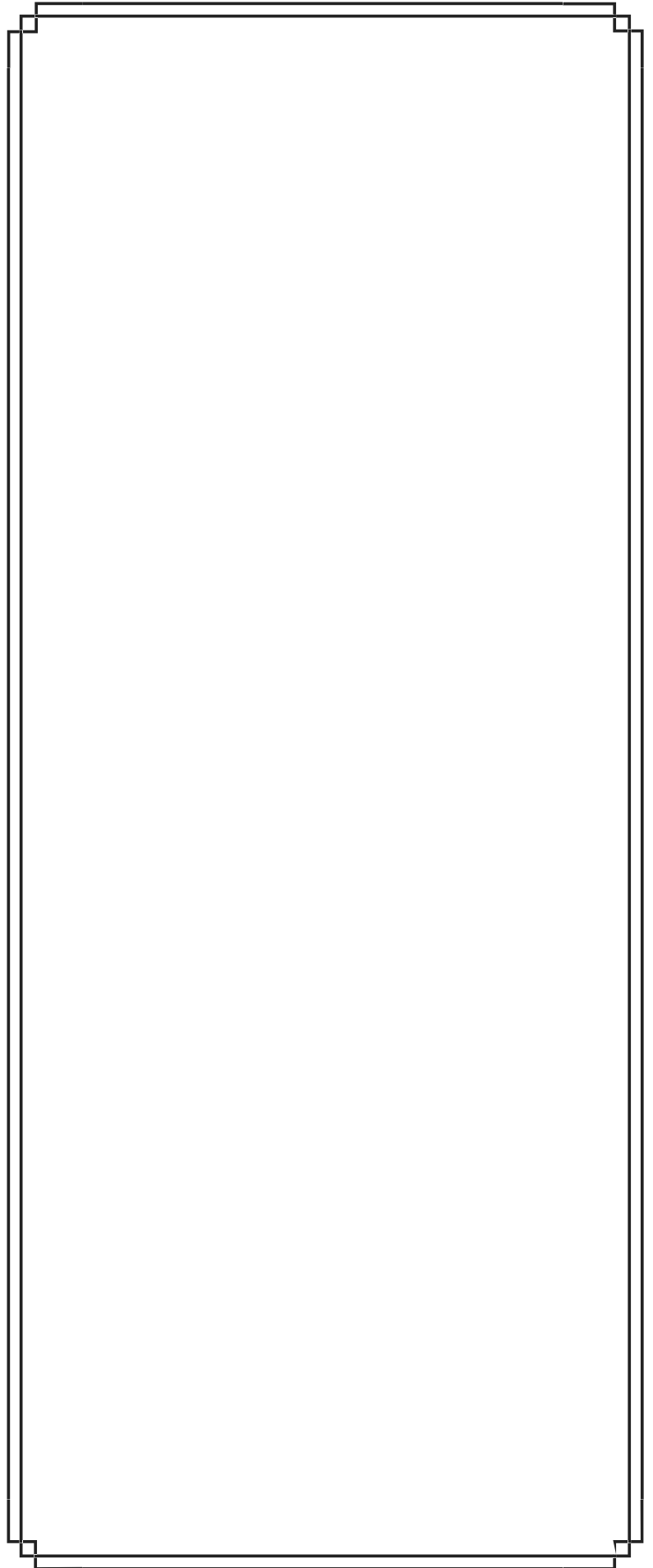
**Creativity**

**Inspiration**

**Expertise**

A place to leave links, titles, notes  
and helpful reminders

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# Career Check In

A job pays the bills but a career is an investment. Building a career is a long term commitment, but popular culture often tricks us into thinking that a successful career needs to look and feel a certain way. How would you describe a desirable career? What would that look and feel like to you?

What is something you absolutely love about your work?

How do you feel about your career now?

Who's responsible for your choices?

What's one thing you wish others knew about your career? And why?

# Resource List

Key words

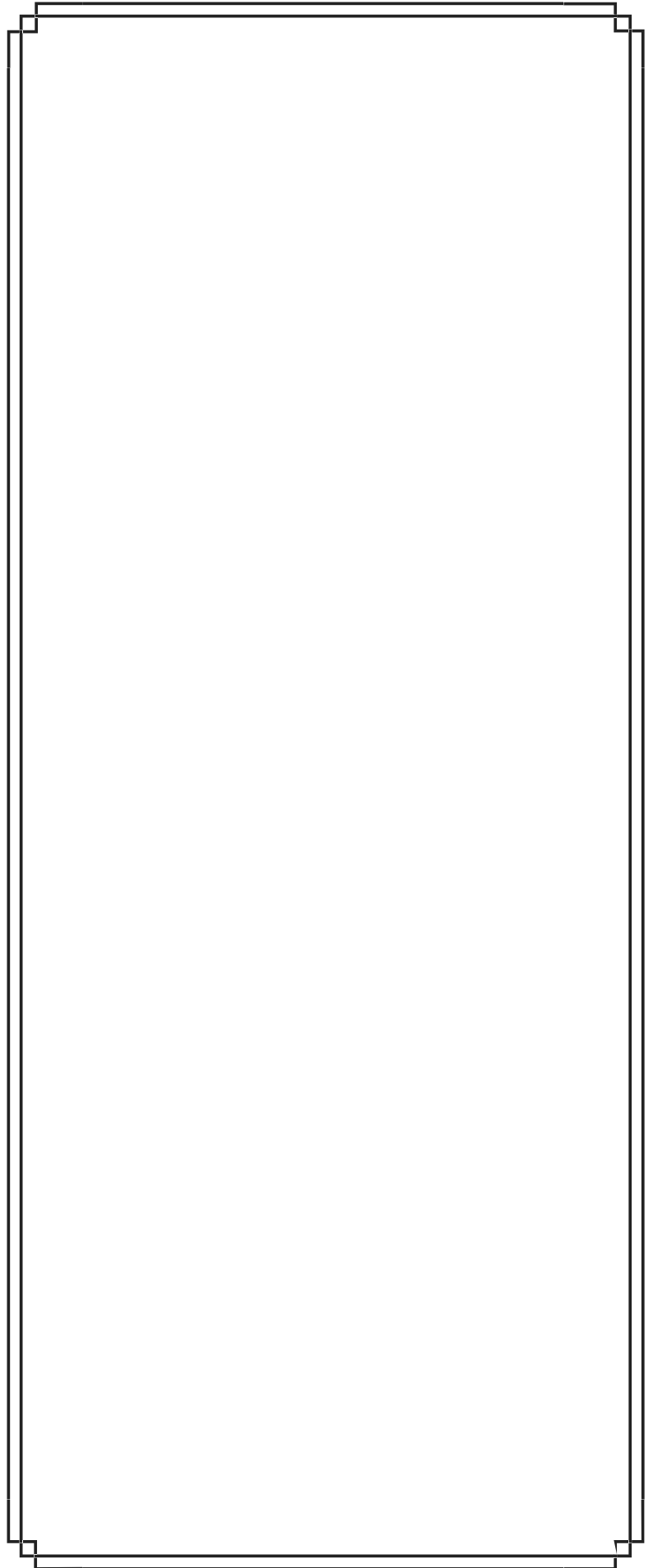
Career growth

Success

Expertise

A place to leave links, titles, notes  
and helpful reminders

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# Well-Being Check In

Our physical and mental well-being is crucial to our work, our relationships and well, the way we lead our lives. But once again, a lot boils down to how honest we're being when it comes to assessing our habits and expectations. So how would you take care of yourself?

How do you feel right now?

Do you ever feel unsafe? When?

What does happiness feel like to you?

What's something you're glad you're doing for yourself this week?



# Resource List

Key words

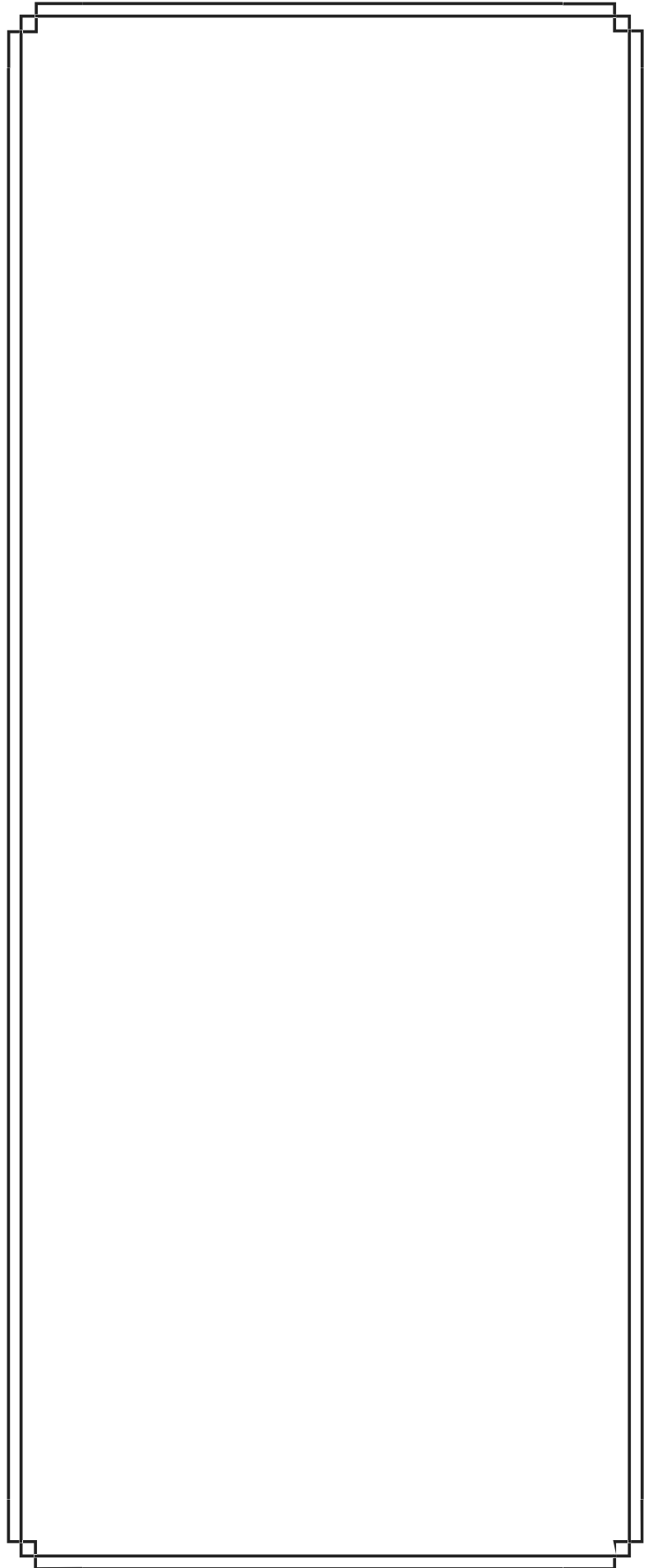
Health

Happiness

Security

A place to leave links, titles, notes  
and helpful reminders

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# Community Check In

We don't live in a vacuum. We never did and we never will. In some way, big or small, everything we do in our work and personal lives impacts the community around us. So what is your relationship with the community you believe you're a part of?

When was the last time you asked someone for help? What was it for?

What does community mean to you?

What does justice mean to you?

What role do you think you play in your Community's growth and wellbeing?

# Resource List

Key words

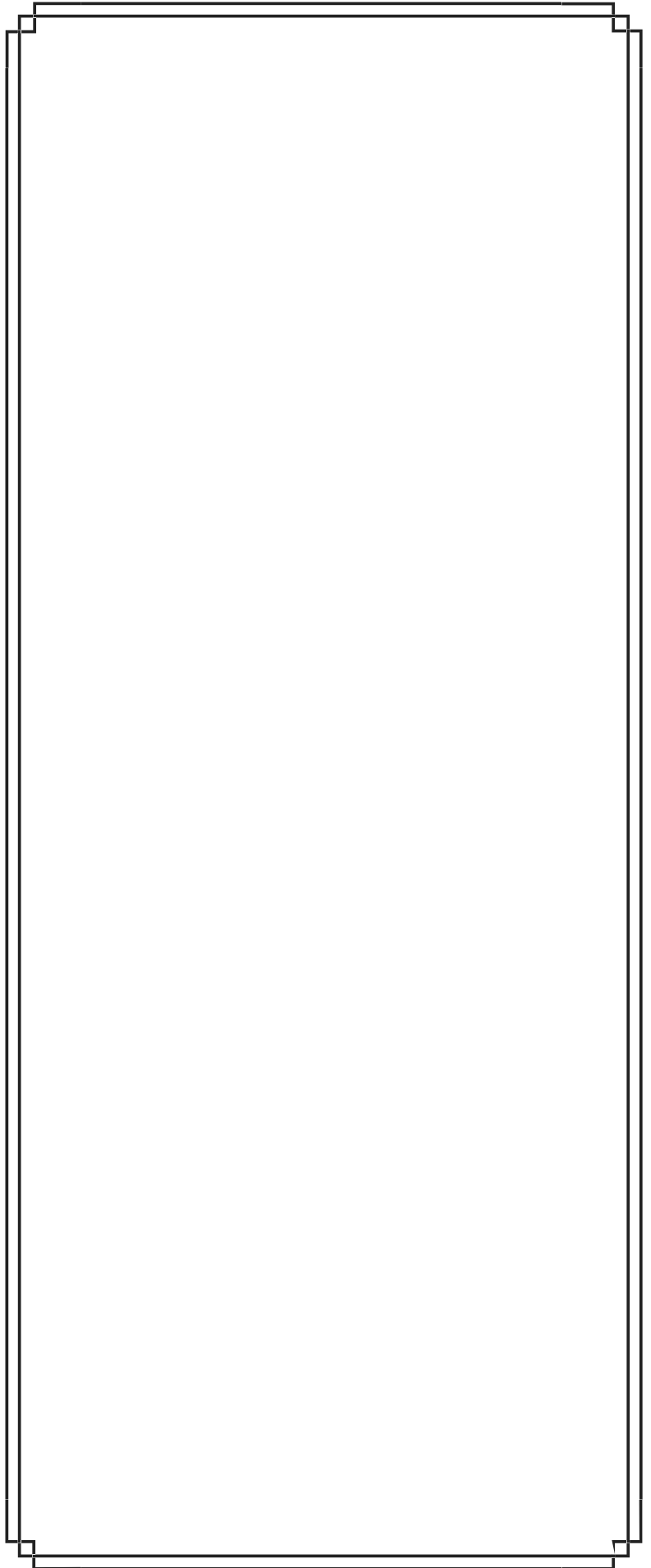
Community

Justice

Security

A place to leave links, titles, notes  
and helpful reminders

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# Financial Check In

Money matters. But it's upto you really, how it does.

What does financial independence mean to you?

How does talking or thinking about money make you feel?

# Resource List

Key words

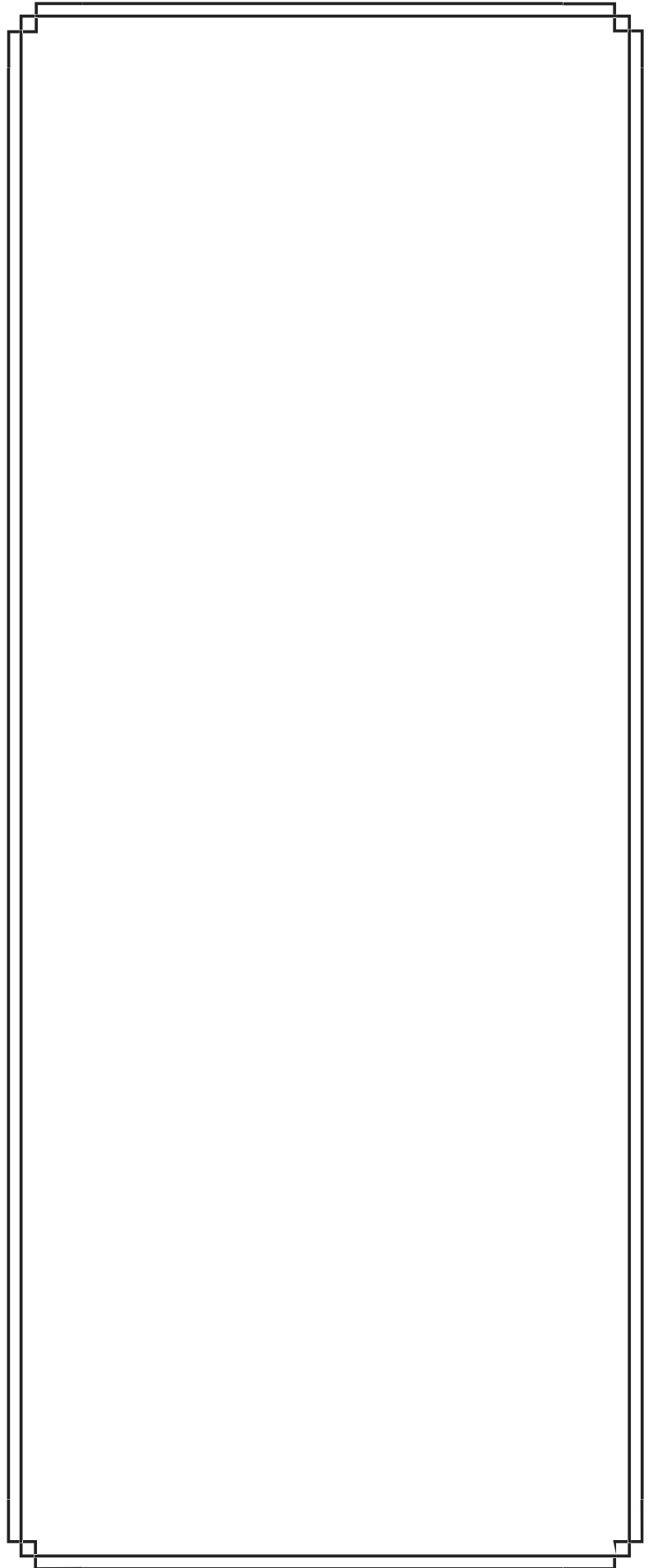
Money

Justice

Security

A place to leave links, titles, notes  
and helpful reminders

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# Dear You,

You've reached the end of this little workbook. If you've been checking in with yourself, chances are you might be having some interesting inner monologue. Well, why not write yourself a letter to capture this. Maybe it's about your goals, maybe it's something to remind you of your resilience, or possibly even an honest personal reflection - whatever it is, it's yours and for you to turn to when you need it again. If writing a letter isn't your thing, record a voice-note or draw something. Whatever it is, it's yours and yours to figure out.

Dear You,

# GOOD LUCK TO YOU!

I TRULY HOPE THIS COLLECTION OF PROMPTS AND QUESTIONS WAS A BIT HELPFUL. DON'T BE SHY TO SHARE AND ADD TO THIS. AND DON'T THINK TWICE IF YOU WANT TO KEEP YOUR THOUGHTS PRIVATE. REMEMBER THIS IS ALL ABOUT YOU :)

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