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Psych 101

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Real Talk: Mind, Body & Life Check-In for Our OG‘s

1. Body Check – Physical Vibes

1. How your energy been lately? You moving around how you want to or feeling a little drained?

2. Anything giving you trouble physically—like walking, lifting stuff, or just feeling comfortable in your body?

3. You do anything to keep yourself active or moving? Even the little stuff counts.

4. Is your body trying to tell you something lately that you been trying not to ignore?

2. Mind Check – Mental Flow

1. Do you find yourself forgetting things more than usual, or are you still sharp with it?

2. When you try to focus, do your thoughts stay on track, or do they drift?

3. How do you deal with learning something new these days—do you vibe with it or feel overwhelmed?

4. Compared to a few years ago, how’s your mental clarity? You noticing any changes?

3. Social Circle – Who’s in Your Corner?

1. Who you kick it with the most? You feel supported by them or kinda solo lately?

2. Do you wish you had more folks to talk to or do life with?

3. What kind of things or spaces make you feel connected and seen?

4. If you had the perfect chill day with people you care about, what would that look like?

4. Memory Lane – Tell Us About You

1. What’s a memory from back in the day that still makes you smile when it pops up?

2. What’s something your body still remembers how to do from way back—like a skill that’s still in you?

3. Think back to a big life change—how’d you push through and bounce back?

4. Looking back at your story so far, what do you think it’s been trying to teach you?