

DAILY CHECK-IN

HOW AM I DOING EMOTIONALLY?

☐

NOTICED MY FEELINGS

☐

PRACTICED BREATHING

☐

JOURNALED

☐

USED SELF-COMPASSION

☐

SAFELY EXPRESSED FEELINGS

☐

REACHED OUT TO A FRIEND

NOTES

DAILY CHECK-IN

HOW AM I DOING PHYSICALLY?

☐ PRACTICED MINDFULNESS

☐ MOVED MY BODY

☐ GOT ENOUGH SLEEP

☐ DRANK WATER

☐ ATE HEALTHY FOOD

☐ STRETCHED MY BODY

NOTES

DAILY CHECK-IN

HOW AM I DOING MENTALLY?

☐ AWARENESS OF THOUGHTS

☐ JOURNALED THOUGHTS

☐ CHOSE POSITIVE THOUGHT

☐ INTERRUPTED NEGATIVITY

☐ REACHED OUT TO A FRIEND

☐ EXPRESSED GRATITUDE

NOTES

DAILY CHECK-IN

HOW AM I DOING SOCIALLY?

☐

REACHED OUT TO SAFE PERSON

☐

TOLD SOMEONE I APPRECIATE THEM

☐

CALLED OR TEXTED A FRIEND

☐

ATTENDED ONLINE EVENT

☐

ENGAGED IN A FUN ACTIVITY

☐

PRACTICED SELF-COMPASSION

NOTES