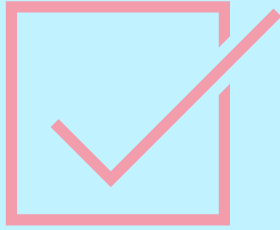


DAILY CHECK IN

MONDAY

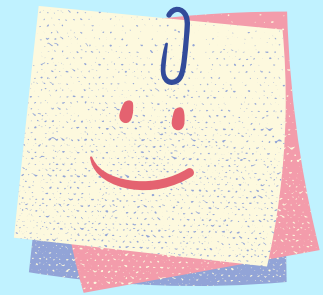


TUESDAY

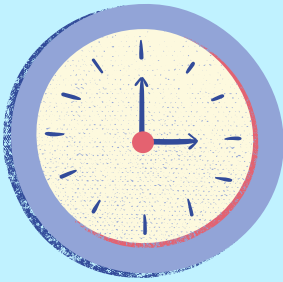
Thoughts



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

Emotions



SUNDAY

Feelings



QUESTIONS TO ASK YOURSELF!!

Explore it and write down.

- How am I feeling today?
- What do I need from today?
- What am I feeling emotionally?
- What do I feel about myself right now?
- If I need to, can I change how I feel about myself right now?
- If so, what and how can I do it?
- What do you think you should be feeling and why?
- Can I do anything at all differently about my day to make it better?
- What can I do? If it is too overwhelming, break it down, make a plan.
- If at any point of the day, you have noticed any moments where you felt a stronger emotional response, ask yourself what triggered this, what happened, what was my behaviour?
- Where did I notice these feelings in my body?
- What can I do differently if this happens again?

Feelings

Emotions

Thoughts