

Mental Health

CHECK IN

Date: _____

HOW AM I FEELING?

WHAT IS CONTRIBUTING TO THIS FEELING?

3 THINGS THAT COULD MAKE IT BETTER?

WHAT IS ONE THING YOU CAN PLAN TO DO THIS WEEK TO PRIORITIZE SELF-CARE?

3 Biggest Emotions This Week

Triggers For These Emotions

3 Things You Feel Good About Right Now

Mental Health Ranking For The Week

1 2 3 4 5 6 7 8 9 10

  