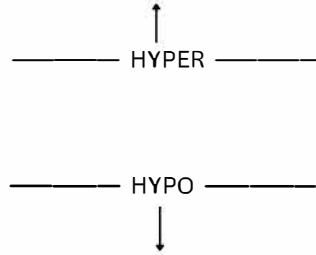


DATE:

Mindfulness Practice

WINDOW OF TOLERANCE CHECK IN

Put an X where you are today and write in any associated symptoms here:



FEELINGS WHEEL CHECK IN

Write in your emotions for today.

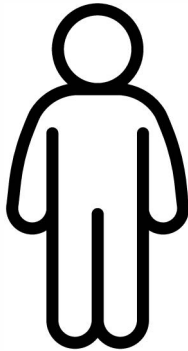
GENERAL EMOTIONS:

SPECIFIC EMOTIONS:

REFLECT:

SOMATIC CHECK IN

Put an X in any areas of your body that need attention, note sensations and make a plan.



SENSATIONS:

FEELINGS:

PLAN:

Thoughts, words, or phrases I'm noticing

DATE:

Mindfulness Practice

A moment I noticed myself grounding today was

A kind thought I can offer myself today is

A gentle action I can take today is

My closing breath and mantra