

# DAYILY CHECK-IN SHEET

Gentle prompts for body, mind, and mood

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How does my body feel right now?

- Tense    Tired    In pain
- Rested    Other: \_\_\_\_\_

What emotions are present?

- Sad    Anxious    Numb    Hopeful
- Angry    Other: \_\_\_\_\_

How clear is my mind today?

- Foggy    Focused    Overstimulated
- Calm    Other: \_\_\_\_\_

Today, I will gently focus on:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_