

Daily Check In

Today I felt: (don't forget to use an emotion word, or lots of emotion words)

3 Things I'm Grateful For

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3 Good things that happened and how I brought them about:

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1 Thing I learned today or will try to do better tomorrow

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Check off at least one thing you did to improve your mental health

- Take a shower/do hygiene
- Go for a walk/exercise
- Get some sunlight
- Write in my journal/workbook (if you're here you can check this one)
- Take some deep breaths
- Mindfulness/meditation/prayer
- Take some time to relax
- Turn off screens for a bit
- Eat some veggies
- Sleep/sleep hygiene
- Talk with a friend