

DAILY WELLNESS CHECK

Emotional Check

How did I feel today and why?

Mental Check

What thoughts are occupying my mind and are they positive, negative, or neutral?

Am I feeling overwhelmed or stressed?

Self-Care Check

What did I do for myself today that I enjoyed or found relaxing?

Gratitude Check

What am I grateful for today?

What's a positive thing that happened today?

Physical Check

Yes No

Did I do any exercises?

Did I get any sunlight?

Did I eat enough?

Did I drink enough water?

Did I get enough sleep?

Reflection Check

What went well today?

What challenges did I face and how did I handle them?

What did I learn from today's experiences?

Future Check

Is there something I'm looking forward to?

