DAILY SELF-CHECK IN

A moment to notice how I am and what I need. Check what fits; skip what does not.

Date: Time:

01 Today's events and activities

What happened today? What was I doing, experiencing, or dealing with?

02 What am I feeling right now?

Check as many as apply. Mixed or conflicting feelings are welcome.

- ☐ Calm
- ☐ Content
- ☐ Hopeful
- ☐ Grateful
- ☐ Happy
- ☐ Excited
- ☐ Connected
- ☐ Proud
- ☐ Sad
- ☐ Lonely
- ☐ Disappointed
- ☐ Grieving
- ☐ Anxious
- ☐ Afraid
- ☐ Overwhelmed
- ☐ Frustrated
- ☐ Angry
- ☐ Resentful
- ☐ Guilty
- ☐ Ashamed
- ☐ Numb
- ☐ Disconnected
- ☐ Confused
- ☐ Restless
- ☐ Exhausted
- ☐ Unsure

Other feelings:

03 What do I need right now?

- ☐ Rest / sleep
- ☐ Food / water
- ☐ Comfort
- ☐ Safety
- ☐ Connection
- ☐ Space / solitude
- ☐ Understanding
- ☐ Reassurance
- ☐ Movement
- ☐ Expression
- ☐ Play / creativity
- ☐ Clarity / direction
- ☐ Support / help
- ☐ Boundaries
- ☐ A sense of choice
- ☐ Not sure

Other needs:

DAILY SELF-CHECK IN

Noticing needs and choosing a response

04 How would I like to meet these needs?

What might help? It can be small, and I do not have to act immediately.

05 One small thing I could do to support or shift my energy

If needed, what is one small action I could take that is safe for myself and others? It might involve rest, connection, movement, expression, or allowing a feeling to be present.

Not every feeling needs to be changed.
Sometimes noticing and understanding what I am experiencing is enough.

If I feel overwhelmed, I can pause and return to this later.