

Mental Health Check-In

Morning

How do you feel this morning?

Not good

Great

What do you want to accomplish today?

What good habits you want to practice today?

What are you worried about?
What do you need to let go of these worries?

Evening

How do you feel this evening?

Not good

Great

What are three things you feel grateful for?

1. _____

2. _____

3. _____

What made you happy today?

What's on your mind right now?
