

Daily Emotional Check-In

How do I feel right now?

Mark what feels closest today.

- Calm
- Tired
- Overwhelmed
- Sad
- Content

My energy level today

Right now, my energy feels like...

1 2 3 4 5 6 7 8 9 10

completely drained

fully energized

One word / one sentence

If I had to describe today in one word or sentence...

What do I need most today?

Choose one. It's enough.

- Rest
- Clarity
- Comfort
- Distraction
- Connection
- Silence

One gentle intention

One small thing I allow myself today...

take it slow · ask for help · stop earlier · breathe · do less
