



Daily Wellbeing Check-In

A gentle one-page pause for reflection, calm and everyday self-care.

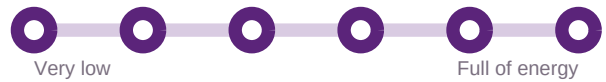
How am I feeling right now?

Circle or write what feels closest.

- | | | |
|--------------------------------|-----------------------------|-------------------------------|
| ☐ Calm | ☐ Tired | ☐ Hopeful |
| ☐ Stressed | ☐ Low | ☐ Okay |

My energy today

Mark where your energy feels today.



What do I need today?

A word, feeling, boundary or small act of care.

One kind thing I can do for myself

Keep it small, realistic and gentle.

Something I am grateful for

It can be tiny.

My gentle intention for today

How would I like to move through the rest of my day?

A quiet note to myself

Anything I want to remember, release or come back to later.
