



DAILY CHECK-IN

We're all busy in today's society. It's important to look after yourself. After all, health is wealth.



How am I feeling today?



- Content
- Worried
- Lonely
- Sad
- Tired
- Other

Talk about why you're feeling the way you feel.

.....

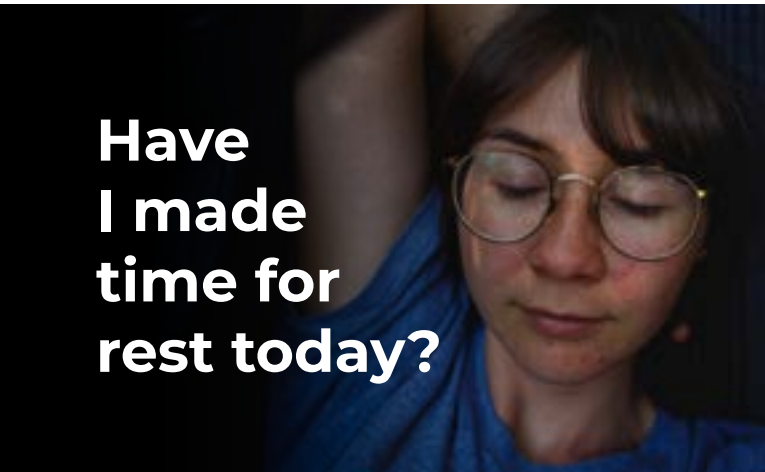
.....

.....

.....

.....

Have I made time for rest today?



- Yes
- No

If you said "no", explore why

.....

.....

.....

.....

.....

Have I taken care of my needs today?

(eat, shower, sleep, exercise, etc.)



- Yes
- No

If you said "no", explore why

.....

.....

.....

.....

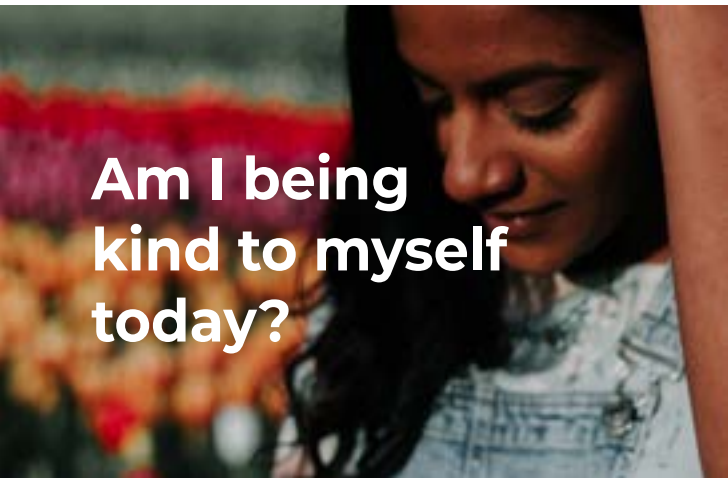
.....



leahaguirrelcsw@gmail.com | [858-365-0453](tel:858-365-0453) | www.leahaguirre.com

Disclaimer: It is important to focus on the PROCESS when you are en-route to your goal. Noticing changes in your behavior, thoughts and feelings as they come up is crucial. Are you feeling more confident? Uncomfortable? Anxious? Why are you feeling this way? What are some things you have learned or milestones you can celebrate during this process? What are you doing well? What is working for you or not?

©2021. Leah Aguirre, LCSW. All Rights Reserved.



Am I being kind to myself today?

- Yes
- No

If you said "no", explore why

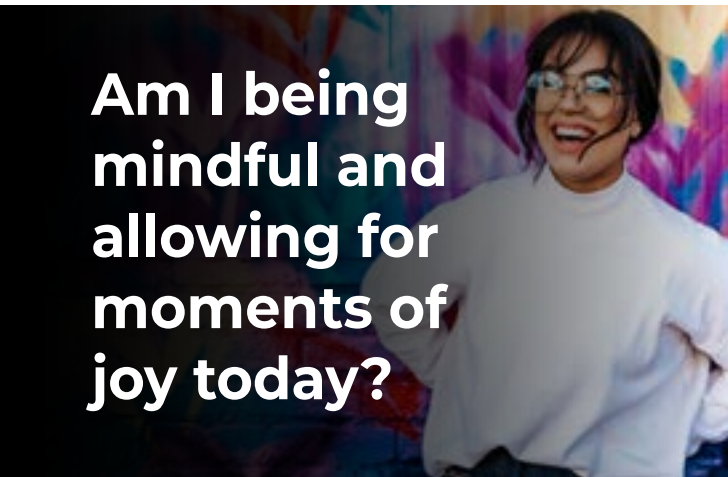
.....

.....

.....

.....

.....



Am I being mindful and allowing for moments of joy today?

- Yes
- No

If you said "no", explore why

.....

.....

.....

.....

.....



leahaguirrelcsw@gmail.com | [858-365-0453](tel:858-365-0453) | www.leahaguirre.com

Disclaimer: It is important to focus on the PROCESS when you are en-route to your goal. Noticing changes in your behavior, thoughts and feelings as they come up is crucial. Are you feeling more confident? Uncomfortable? Anxious? Why are you feeling this way? What are some things you have learned or milestones you can celebrate during this process? What are you doing well? What is working for you or not?

©2021. Leah Aguirre, LCSW. All Rights Reserved.