

*check-in*  
**WORKSHEET**

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Take about five minutes to fill out this worksheet about how you're feeling right now in this moment. Remember that this is a safe space.

1. State your first name for the group.

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2. How are you doing physically right now? (Think about where your muscles are tight, or if you're feeling pain in any parts of your body.)

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3. How are you doing emotionally right now? (Reference the emotion wheel for help if you are having trouble pinning down your emotional state.)

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4. What was your Self-Care Practice last week? (Skip this question if this is your first week or if you weren't here last week.)

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5. Did you notice any triggers this week? Yes/No What tools did you use to manage them? (It's okay if you weren't able to manage them.)

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6. In one sentence, share a "Triumph Moment" from last week.

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**EXAMPLE**

*"I'm Jane. Physically, I have a small headache. Emotionally, I'm feeling accepted. My self-care practice was going for a walk every day and I was able to do it. My triumph moment this week was when I asserted my boundaries and told my sister-in-law no."*

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