

check-in
WORKSHEET

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.

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.)

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

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.)

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.)

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

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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