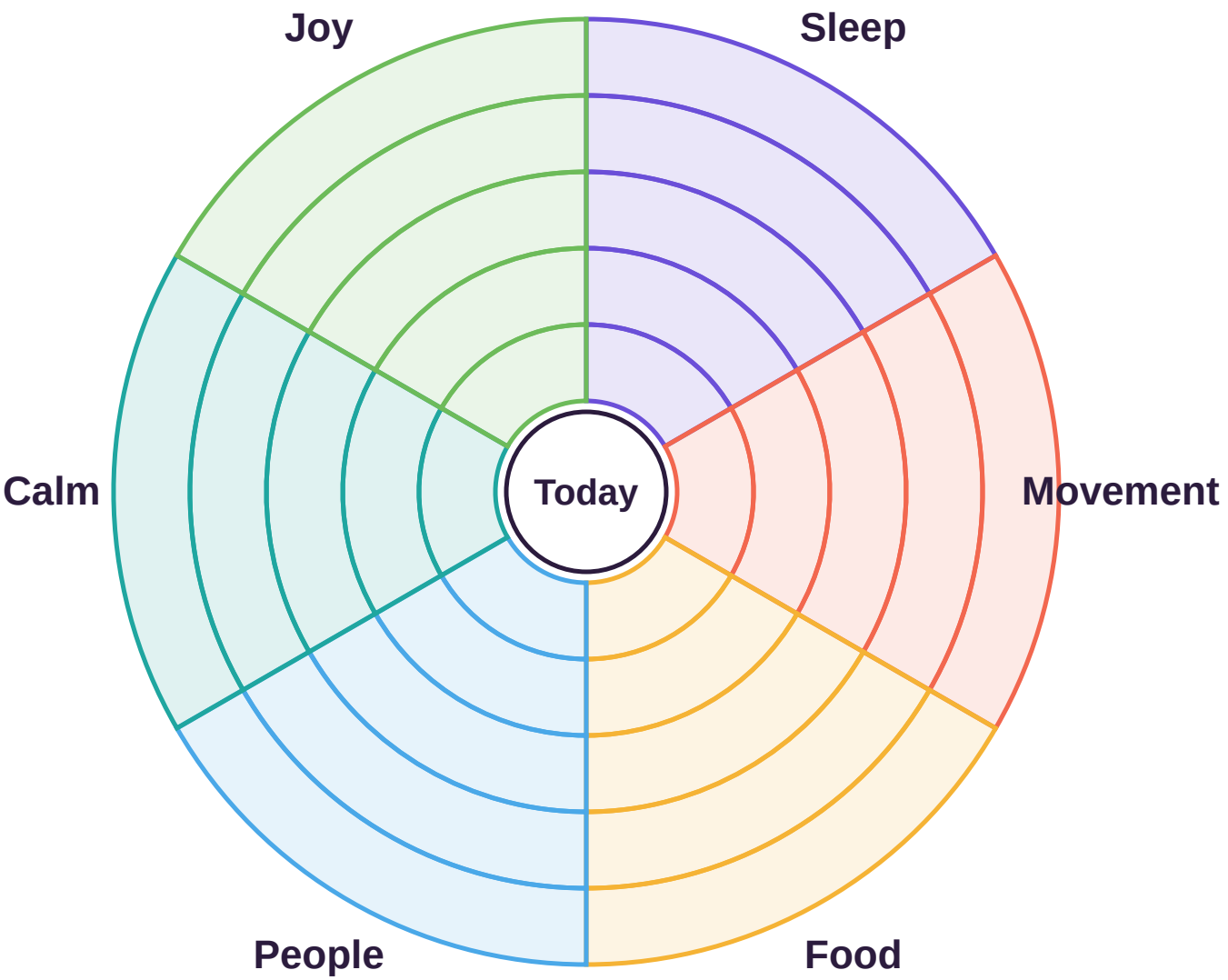
Daily Check-In Wheel

Six minutes with how you really are

Colour each wedge outward: 1 ring is rough, 5 rings is great.



Today I need: _____

One small thing I will do: _____

5-4-3-2-1 Grounding

Land in the room when your mind races

5 **things you can SEE**

Look around slowly. Name them.

4 **things you can TOUCH**

Feel the fabric, the floor, the cup.

3 **things you can HEAR**

Near sounds first, then far ones.

2 **things you can SMELL**

Or remember two smells you love.

1 **thing you can TASTE**

Sip, chew, or notice your mouth.

Weekly Gentle Habits

Tiny habits, checked off where you can see them

Colour a circle when you do it. Most days is a win.

	M	T	W	T	F	S	S
Water	○	○	○	○	○	○	○
Outside	○	○	○	○	○	○	○
Move	○	○	○	○	○	○	○
Reach out	○	○	○	○	○	○	○
Screens off	○	○	○	○	○	○	○
My own: _____	○	○	○	○	○	○	○

Week of: _____ **Proud of:** _____

Weekly Reflection

Notice what lifts you and what costs you

Three good things today

- _____
- _____
- _____

What drained me

_____

_____

_____

_____

_____

_____

What refilled me

_____

_____

_____

_____

_____

_____

One kind thing I will do for myself tomorrow:

_____