

# SELF-CARE CHECK-IN



**NAME:**

**DATE:**

**HOW DO I WANT TO FEEL TODAY?**

**WHAT ONE THING WILL MAKE ME FEEL  
PRODUCTIVE TODAY?**

**WHAT IS MY DAILY AFFIRMATION?**

**WHAT AM I GRATEFUL FOR TODAY?**

**WHAT ONE THING CAN I DO TO RELAX  
OR HAVE FUN TODAY?**

**HOW CAN I REMIND MYSELF OF MY GOALS?**