

DAILY MINDSET CHECK-IN

DATE

MOOD



TOP SENSATIONS I FEEL IN MY BODY (CIRCLE ANY THAT APPLY)

TWITCH DULL SHARP
ACHY POUNDING AIRY
SUFFOCATING TREMBLE
SHIVERY CHILLS
VIBRATION ITCHY
STRINGY SPACIOUS
FLUID FROZEN WARM
RADIATING SHUDDER
FLOPPY

CONGESTED TIGHT
PUFFY BUBBLY SHAKY
PARALYZED SWEATY
MOIST CLAMMY DAMP
JUMBLY JERKY
ENERGIZED ELECTRIC
LIGHT DENSE COOL
THROBBING FAINT
QUIVERY PULSING
BLOATED FLUSHED

PRICKLY BUZZY
FLUTTER PRESSURE
JUMPY TENSE WOBBLY
NAUSEOUS SPINNING
DIZZY TREMULOUS
BREATHLESS QUAKE
RESTLESS ALIVE
BLOCKED GOOSEBUMPS

3 THINGS I'M GRATEFUL
FOR:

ONE KIND THING I WILL
DO FOR MYSELF TODAY:

FREE WRITE FOR 1-2 MINUTES:



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TOP FEELINGS I NOTICE (CIRCLE ANY THAT APPLY)

ANGRY RELUCTANT
HESITANT
DISTRACTED
HAPPY PASSIONATE
SAD ASHAMED
DISAPPOINTED JOY
PISSSED OFF SORROW
URGENCY NERVOUS
EXCITED ENTRANCED
ANNOYED PRESSURED
IRRITATED

INSECURE BORED
JEALOUS SCORN
APATHETIC
CONTEMPT
FRUSTRATED
ANXIOUS ENRAGED
VULNERABLE STRESSED
SCARED TIRED
ASTONISHED
OVERWHELMED HURT
SELF-CONSCIOUS

ADORATION
GRATEFUL
INTRIGUED LOVING
CONFUSED HELPLESS
HEARTBROKEN
AWKWARD GUILTY
EMBARRASSED
TRUSTING HORRIFIED
BALANCED CALM
COMFORTABLE
CONNECTED

3 THINGS I'M GRATEFUL
FOR:

ONE KIND THING I WILL
DO FOR MYSELF TODAY:

FREE WRITE FOR 1-2 MINUTES:



JOURNAL PROMPTS

Write about a memory that brings you joy.

If you could wave a magic wand and life would be exactly how you want it, what would that life look like?

Describe your favorite place in great detail.

Who or what has shifted how you see yourself?

What are you most excited about right now?

Imagine your 10 year-old self. What advice would you give them if you could talk to them now?

What are your core values?

Who or what has helped you grow the most in life? How did they do that?

How would you tell the story of your life in 3 sentences?

Finish the sentence: Something I want you to know is...

How do you know when you feel loved? Who or what shows you love?

Finish the sentence: Self-kindness is...

What are you curious about?

What is your favorite thing about yourself?

If you saw yourself as “enough,” what would you do that you’re not doing?