

Date

Check In

What's happening? What am I noticing?

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My overall	Wellbeing	Stress
High		High
Low		Low

My current approach to what's happening

Is it working?	Definitely	
	Not at all	

Any thoughts about where I'm at or what I need to do?

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Respond to one or more:

A positive moment –

Something I've achieved –

A quality or value I've shown –

Something I'm pleased about –

Something I appreciate –

Something that's important to me –