

# Self Check In

The *Self Check In* enables you to capture and monitor what's happening in your life. It is designed to activate your mind to explore and find responses that fit you.

With the excel version you can access the database of past entries and see the graphs of the numerical ratings you've entered, by clicking the tabs at the bottom left of the page. **If your version of excel doesn't support the form, you can enter the information directly to the database.**

Please reach out for support and guidance if you're stuck, struggling, or if you want to improve in a particular area. Let's now have a look at each of the questions that the tracker covers. Note: The only mandatory question is the date. For the rating questions, 1 is low and 10 is high for the excel form.

## The Questions

1. **What's happening** – here you put anything that comes to mind about your current situation. You can make it as general or as specific as you like. Jot down things without judging their relevance.
2. **What are you noticing** – this encourages you to look at the physical, mental, behavioural, and emotional, responses you're experiencing. It also includes what you believe about yourself and the world.
3. **Rate your wellbeing.** Your wellbeing is how well you are feeling in yourself as well as what capacity you have to bring to a situation. I call this 'your cup'. You can do things that fill your cup. These are things that recharge you. It includes physical things e.g. sleep and down time, as well as any time where you have a positive internal response e.g. happiness, feeling safe, curiosity, connection etc. Barbara Fredrickson calls them 'Heartfelt positive moments' and she emphasises the importance of the small everyday moments that form the foundation of filling your cup. One of the first signs of stress is that these everyday positive moments reduce. Filling your cup is essential for you to have the capacity to meet the demands, pressure, and stresses in your life.
4. **Your stress/load-** this is rating of impact of all the things that are putting pressure and stress on you. I call this 'your bucket'. These things deplete you and take their toll. Note that even positive things can put a load on your system. Stress can be linked to specific things that are going on for you, as well as a generic build up of things over time. Some things you might not be able to 'put your finger on' as to where the stress comes from, but you still have the experience of being stressed, uptight, depleted or feeling down.
5. **My approach to my current situation.** How are you going about responding to what's happening. What is your strategy, even if it's to do nothing or to ignore what's happening. Be honest! And don't forget we often don't acknowledge the efforts we are making.

6. **Is it working?** This asks you to consider how well your response is meeting the situation you're in. Does it seem right for the situation as it is now?
7. **Thoughts re where to from here.** This is designed to capture your thoughts about where you're at. It could be something you think is relevant, something that could be worthwhile doing or trying, it could be questions you have, an idea you have, or something that you want to capture even if you're not sure if it's relevant or not. This seeds the unconscious part of the brain to begin to explore and to work on things in the background. You can revisit the tracker and add to it as you think of further things.

## **How to use the Wellbeing Tracker**

You can use the *Self Check In* to track general wellbeing, or to track a specific issue.

Normally I set aside 5 – 10 minutes at a set time every week, grab myself a coffee and take a bit of time to check in and complete the tracker. If there's a lot happening, I might do it twice a week. I tend to do it for a while (usually a month or two), and then take a break. I find this works best for me.

### **It's information, not judgement**

It's best to regard what you put in the *Self Check In* as information only. It doesn't mean that you have to do anything, in fact it could be best not to, or you may not be ready. You can choose if and when you act. Naturally, completing the *Self Check In* moves you away from stuckness and into a place of greater curiosity.

If your load is higher than your wellbeing, it would suggest that you're not travelling too well. That might be perfectly ok and expected for your circumstances, and we all go through times in our life where this is the case. It's not that you 'should' be better or happier, rather it's about getting a better understand of where you're at so you can find a way to best meet your needs.

### **The second section of the tracker**

The section invites you to complete one or more of the wellbeing statements. Completing these statements helps to build your wellbeing and encourages a positive mindset. By having this linked to the first section it helps to promote more positive and creative responses to your needs.

### **Seeing the results**

Quite often, you won't see improvements from efforts or changes straight away. Rather, it is likely you will first notice seemingly unrelated positive changes in how you understand and respond to your needs, and then a general improvement over time.

All the best

Peter