

The background features several large, semi-transparent pink circles of varying shades, some overlapping. The circles are scattered across the page, with one large circle in the top left, another in the top right, one in the bottom left, and a cluster of three overlapping circles in the bottom right.

my

MENTAL

HEALTH

# MORNING CHECK

date: .....

day: s m t w th f s

what do I plan to accomplish today?

.....  
.....  
.....

how will I spread kindness today?

.....  
.....  
.....

what is my reason for living today?

.....  
.....  
.....

how I feel right now

overall emotion:



angry



excited



happy



neutral



sad



anxious



stressed



disappointed

emotion ratings

happiness

--	--	--	--

sadness

--	--	--	--

anxiety

--	--	--	--

stress

--	--	--	--

anger

--	--	--	--

# EVENING CHECK

DATE: .....

DAY: s | m | t | w | th | f | s

What did I accomplish today?

.....  
.....  
.....

What is something I am grateful for?

.....  
.....  
.....

What is something I am proud of?

.....  
.....  
.....

How I feel right now

Overall emotion:



angry



excited



happy



neutral



sad



anxious



stressed



disappointed

emotion ratings

happiness

--	--	--	--

sadness

--	--	--	--

anxiety

--	--	--	--

stress

--	--	--	--

ANGER

--	--	--	--