

Mental Health Check In

Date_____

How am I feeling?

What is contributing to this feeling?

3 things that could make
it better?

What shape is this feeling?

3 biggest emotions this week?

Triggers for those emotions

3 things you feel good about right now

3 Things I am looking forward to

Mental Health Ranking for the week

1 2 3 4 5 6 7 8 9 10

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