



Your Monthly Mental Wellness Check-In

This isn't about tracking everything perfectly.

It's about noticing.

Noticing how you feel.

Noticing what affects your energy.

Noticing what supports you—and what doesn't.

Most people move through their days on autopilot, pushing through stress, fatigue, or overwhelm without stopping to ask why.

This simple check-in gives you a different approach.

A few quiet minutes to:

- Pause
- Reflect
- Reconnect with yourself

You don't need to fill in every box.

You don't need to do this every day.

Just come back to it when you can.

Over time, patterns start to emerge.

You may notice:

- Certain habits that leave you feeling more grounded
- Times when your energy dips
- What actually helps you feel like yourself again

This isn't about fixing everything at once.

It's about building awareness—because awareness is where real change begins.

0 = Not at all
5 = Full supported

month: _____

What Supported You Today

1 2 3 4 5 6 7 8 10 9 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

	1	2	3	4	5	6	7	8	10	9	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Energy & Care																															
Sleep																															
Nourishment																															
Hydration																															
Physical Movement																															
Calm & Regulation																															
Stress levels																															
Time to rest or reset																															
Quiet or alone time																															
Connection & Support																															
Social connection																															
Feeling supported																															
Clarity & Direction																															
Focus																															
Sense of purpose																															
Mental Space																															
Overall																															
Mood																															
Energy																															

End of Week Check-In

- What helped me feel more like myself this week?
- Where did I feel most off?
- One small shift I want to try next week?

LOOKING BACK



Take a few minutes to reflect on the past month. No pressure—just notice what stands out.

- What patterns do I notice?
- What supported me most this month?
- What drained me the most?
- What do I want to carry forward into next month?
- What am I ready to let go of?