

End-of-Week Mood & Self-Care Reflection

Reflect on your overall feelings at the end of the week, compared to how you usually feel when self-care actions are not completed. Rate your overall mood and note how easy or difficult it was to initiate self-care using your internal motivation.

1. Overall Feelings at the End of the Week

Rating scale: 1 – Much worse than usual | 2 – Slightly worse than usual | 3 – About the same | 4 – Slightly better than usual | 5 – Much better than usual
Only write something on the lines if you want to.

Calm / relaxed (Rating 1-5)

Energy / motivation (Rating 1-5)

Irritability / frustration (Rating 1-5)

Anxiety / worry (Rating 1-5)

Sadness / low mood (Rating 1-5)

Ability to cope with challenges (Rating 1-5)

Overall wellbeing (Rating 1-5)

2. Self-Care Initiation

Reflect on how easy or difficult it was to instigate self-care using your own internal motivation this week.

Rating scale: 1 – Very difficult | 2 – Somewhat difficult | 3 – Neutral | 4 – Somewhat easy | 5 – Very easy

Self-care initiation rating (1-5)

Notes / Observations
