



Weekly Check-In



What was the best thing that happened this week?

What happened this week that I am grateful for?

What did I learn this week?

Did I make time for myself this week?

What was my overall mood like this week?

How did I show kindness this week?

How was I shown kindness this week?

What did I do to take care of myself this week?

Was there anything that made me feel down?

What do I want to change next week?

