

Mental Health Check In

Date _____

How am I feeling?

3 biggest emotions this week?

Triggers for those emotions

What is contributing to this feeling?

3 things you feel good about right now

3 things that could make it better?

3 Things I am looking forward to

What shape is this feeling?

Mental Health Ranking for the week

1 2 3 4 5 6 7 8 9 10