

A Weekly Emotional Check-In

A little space to notice

Notice what you may be feeling and what kind of support could be useful.

What have I been feeling this week?

What has been taking my energy?

What kind of support could be useful?

You can leave any prompt blank. This page is yours to keep.

These tools are for reflection and everyday support. They are not a diagnosis, treatment or a replacement for professional care. If a tool brings up difficult feelings, you can stop and return to it later or consider reaching out to a qualified professional.