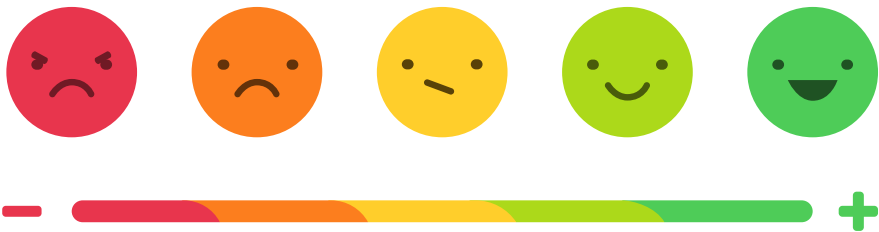


Self check-in

How am I feeling this morning?



What is weighing on me most?



3 things that I am grateful for
(no matter how small)



Today, when I start to feel anxious, I will use this tool to help calm myself:

What goal do I want to achieve today? (no matter how small)



What can I approach differently today to what I did yesterday?

