Daily Self Check-In

Rate your emotions and physical symptoms by filling in a box each day of the month with the appropriate color. At the end of the month, if your chart contains too much orange or red, consider speaking with your healthcare provider to develop a plan.

Frustration   Irritability   Sadness   Motivation   Stress   Anxiousness   Depression   None   Moderate   Physical Tracker   Tiredness   Insomnia   Headache   Body Aches   None   None   Moderate   Physical Tracker   Physical Tracker   Restelesness   None   None   Moderate   Physical Tracker	Nonth:		-			
Irritability Sadness Motivation Stress Anxiousness Depression Mone Cov Moderate High Severe Physical Tracker Tiredness Insomnia Headache Body Aches Restelesness Nausea Nausea Mone Cov Moderate High Severe			Emot	ions Tracker		
Irritability Sadness Motivation Stress Anxiousness Depression None Low Moderate High Severe Physical Tracker Tiredness Insomnia Headache Body Aches Restelesness Nausea Mausea	Frustration					
Sadness   Motivation   Stress   Anxiousness   Depression   Image: None   Image: None <t< th=""><th>Irritability</th><th></th><th></th><th></th><th></th><th></th></t<>	Irritability					
Motivation   Stress   Anxiousness   Depression   Image: None   Image: None <tr< td=""><td>Sadness</td><td></td><td></td><td></td><td></td><td></td></tr<>	Sadness					
Anxiousness Depression None Low Moderate High Severe Physical Tracker Tiredness Insomnia Headache Body Aches Restelesness Nausea None Low Moderate High Severe						
Anxiousness   Depression   None   Incomnia   High	Stress					
Depression   None   Insomnia   High	Anxiousness					
None Low   Physical Tracker   Tiredness   Insomnia   Hypersomnia   Headache   Body Aches   Restelesness   Nausea   None   Low   Moderate   High   Severe	6					
Tiredness   Insomnia   Hypersomnia   Headache   Body Aches   Restelesness   Nausea   Insom   Insom   Image: Insom		_				
Tiredness   Insomnia   Hypersomnia   Headache   Body Aches   Insomnia     Nausea     None     Low     Moderate     High		None	Low		High	Severe
Tiredness   Insomnia   Hypersomnia   Headache   Body Aches   Restelesness   Nausea   Nausea     None   Eow   Moderate						
Tiredness   Insomnia   Hypersomnia   Headache   Body Aches   Restelesness   Nausea   Image: None   Image: Low   Moderate   High   Image: Severe						
Hypersomnia   Headache   Body Aches   Restelesness   Nausea   None   E Low   Moderate	Tiredness					
Headache   Body Aches   Restelesness   Nausea     None   Low   Moderate	Insomnia					
Headache   Body Aches   Restelesness   Nausea     None   E Low   Moderate	Hypersomnia					
Body Aches   Restelesness   Nausea   None   Low   Moderate   High   Severe	Headache					
Restelesness   Nausea   None   Low   Moderate   High   Severe						
Nausea	-					
None Low Moderate High						
	Nausea					
Reflections		None	Low	🛑 Moderate	📕 High	Severe Severe
Keflections						
			Ke	eflections		



Healthy Acceptance Worksheet

MY MAIN FOCUS:	
'M WORRIED ABOUT:	
WORST POSSIBLE OUTCOME:	BEST CASE SCENARIO:
S THIS OUT OF MY CONTROL? YES	NO NO IF NO:
What can I focus on instead?	How can I improve the outcome?
TO REDUCE STRESS, I	WILL:
Meditate for mi	nutes
Eat a healthy mea	l
Workout for mi	nutes



Self-Care Calendar

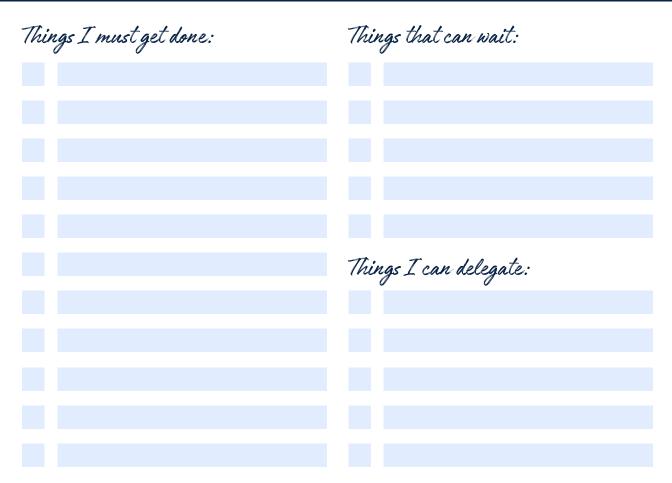
Practice self-kindness by doing something you enjoy each day. Fill in the empty squares with your favorite activities and check them off based on your schedule.

Month:

Have your favorite treat.Image: Second seco		J~100			
15-minute meditation break.Give yourself a compliment.Buy yourself something you've been wanting.Hangout with a friend.Watch your favorite movie.Celebrate a small victory.Celebrate a small victory.Declutter your desk or work area.Watch your favorite movie.Try a new workout workoutDo a random act of kindness for someoneWrite five things you're grateful for.	Have your favorite treat.				phone for one
something you've been wanting.Hangout with a friend.Watch your 		15-minute meditation		Give yourself a compliment.	
Try a new workout or skillDo a random act of kindness for someoneWrite five things you're grateful for.	something you've been		Hangout with a friend.		Watch your favorite movie.
act of kindness workout or skill for someone grateful for.				desk or work	
	workout		act of kindness for someone		
Take a leisurely walk.Have a pamper treatment of your choice.				treatment of	

gosite

Daily Focus Plan



My main goal today is:

My biggest distraction or obstacle will probably be:

I will feel accomplished if I:

