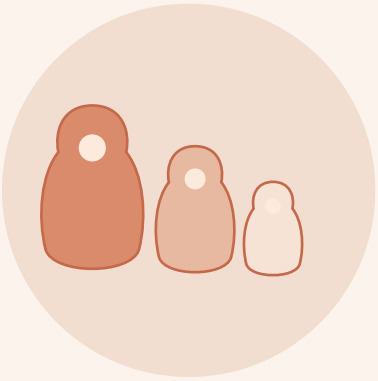
A PAGE FOR TODAY

A Gentle Check-In

A few quiet minutes to notice where you are. There is no right answer.



DATE _____

Right now, my body feels…

The feeling I notice most is… (circle one or more)

calm · tired · hopeful · sad · anxious · relieved · angry · lonely · proud · overwhelmed · curious · safe

How much space do I have for myself today?

1 · 2 · 3 · 4 · 5 *1 = none at all · 5 = plenty*

What I need today is…

One small kindness I can offer myself:

A sentence for the child I was:

Come back to this page whenever you need it. This page is for personal reflection, not a substitute for professional support.