



Mental Health Check-In

Complete as needed or every day to keep you grounded, intentional, and present. Start small and be deliberate!

What was my sweet today? (something good or something that went well)

What was my sour today? (something that did not go well or generated a negative emotion)

What was my service? (How did I help or serve someone else)

What can I do today to positively set myself up for tomorrow?

What is one aspect that I like about myself?

What am I grateful for?

How have I tried to connect with someone today?

What can I “let go” of before I go to sleep tonight? (Pair this with a long, deliberate exhale)

For more info, please check out:

www.leahmarone.com/ or @LeahMarone on LinkedIn

