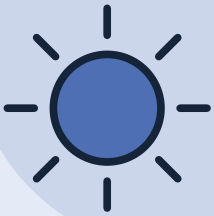
ADULTS | PRINTABLE WORKSHEET

Emotional Wellness Check-In



WHAT THIS IS

A quick check-in helps you notice what needs attention before stress builds. Do it weekly.

HOW TO USE IT

1. Rate each area from 1 to 5.
2. Notice the lowest area.
3. Choose one small step.

EXAMPLE

"Rest: 2. Step: no screens after 10 pm for 3 nights."

Emotional	1	2	3	4	5
Physical	1	2	3	4	5
Social	1	2	3	4	5
Work / purpose	1	2	3	4	5
Rest	1	2	3	4	5
Joy / meaning	1	2	3	4	5

1 = struggling · 5 = thriving

What is going well

_____

_____

_____

What needs attention

_____

_____

_____

One small step I will take this week:

_____

_____

Date: _____ Mood in one word: _____ Energy (1 to 10): ____

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.