Checking in with my stuff...

How am I feeling right now?

- tickety boo ☐
- wobbly ☐
- flat ☐
- Stressed ☐
- Something else ☐ _____

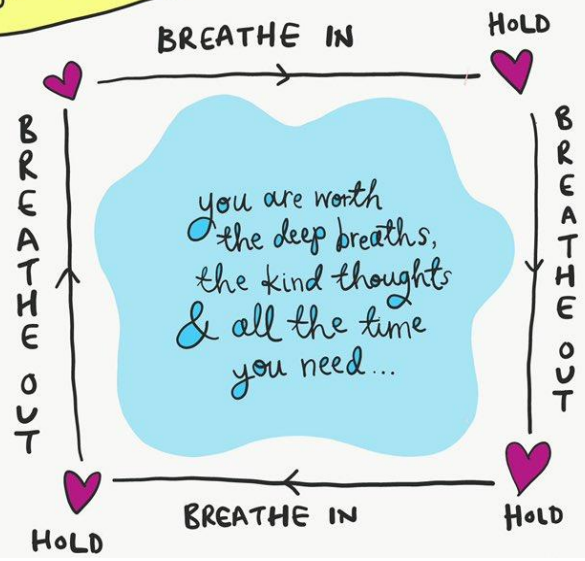
My top 3 to-dos...

1. Absolute must do _____
2. Would be cool if I could do _____
3. Now I'm just showing off if I do _____

What's playing on my mind?

Stuff I can control...	Stuff I can't control...
_____	_____
_____	_____
_____	_____
_____	_____

take a few deep breaths... trace the square with your finger as you breathe



3 things that help to fill my cup...



1. _____
2. _____
3. _____