

Title: Mental Health Mondays - Self Check-In

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Happy Monday, friends! For today's MHM I'd like everyone to just stop and do a short self-check-in to reset for the new week ahead. I find that asking myself a few questions to see where I'm at and where my motivation lies is a good way to find focus for the week.

Answer in a journal, in your mind, or in the comments if you feel comfortable!

1. How am I really feeling today?
2. What is working for me?
3. What is not working for me?
4. What am I proud of?
5. What is one thing I'd like to change and what are the first steps to making that change? Do I need any support to make this change?

Do you have any other questions you like to ask during a check in? If so, share in the comments! Let's all try to **\*\*#RatioAtSelfCare\*\*** this week! Happy answering ■ ■ ■