

WHERE AM I RIGHT NOW?

Take a few quiet minutes to reflect on your current mental, emotional, and physical state. Use the prompts below to guide your thoughts. Be honest – this is just for you.

1. My Current Mood in One Word:

2. Three Emotions I Felt Most Often This Week:

1. _____

2. _____

3. _____

3. Things That Are Going Well for Me Right Now:

• _____

• _____

• _____

4. Things That Are Draining My Energy:

• _____

• _____

5. One Small Action I Can Take to Improve My Day:

Things I'm Grateful For

Gratitude helps shift our focus from what's missing to what's already present in our lives. Think of the people, experiences, and things you appreciate right now. Write them down – big or small, they all count.

1. Three People I'm Grateful For:

1. _____
2. _____
3. _____

2. Three Moments or Experiences I'm Grateful For:

1. _____
2. _____
3. _____

3. Three Things (Big or Small) I'm Grateful For:

1. _____
2. _____
3. _____

CIRCLE YOUR STRENGTHS

Take a moment to reflect on your positive qualities.
Circle all the strengths that you see in yourself.

Creative

Confident

Honest

Patient

Kind

Adaptable

Funny

Reliable

Generous

Hardworking

Calm

Strong

Caring

Flexible

Friendly

Loyal

Determined

Helpful

Brave

Compassionate

HOW HAVE I FELT THIS WEEK?

Track your mood over the past seven days. Circle or color the face that best represents how you felt on each day. This will help you spot patterns and understand your emotional rhythm.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Sunday	
Sunday	