



EMOTIONAL CHECK-IN

Pause. Notice. Understand. 

Taking a few moments to check in with your emotions can help you understand yourself better and respond with more self-compassion.



There are no right or wrong answers.

This is your space to be honest with yourself.

1 What am I feeling right now?

Name the emotions you are experiencing.
You can use one word or a few.

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.....



Happy



Sad



Anxious



Angry



Tired



Overwhelmed



Worried



Calm



Grateful



Other

Or write your own:

2 What might be behind these feelings?

What is happening for me right now?
What might be contributing to how I feel?

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3 What do I need right now?

What would support me in this moment?
Be kind and specific.

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4 What is one small step I can take for myself today?

What is one gentle action I can take that will support my wellbeing?

.....
.....



A gentle reminder

Emotions come and go.
It is okay to feel what you feel.
You are allowed to take care of you.



You are doing the best you can,
and that is enough.

You matter. 

