



MINDSET CHECK-IN

I have been getting enough **sleep** and feel **well-rested**.

- Yes
- No

I have been eating **nutritious** meals and staying **hydrated**.

- Yes
- No

I have been engaging in **activities** or **hobbies** that bring me joy and help me relax.

- Yes
- No

I have been able to **focus** and **concentrate** on my tasks and schoolwork.

- Yes
- No

I have been experiencing positive **emotions**, such as happiness, excitement and joy.

- Yes
- No

I have been able to manage and **express** my emotions in a healthy way.

- Yes
- No

I have been engaging in regular **physical activity** and **exercise**.

- Yes
- No

I have been spending **quality time** with family and friends.

- Yes
- No

I have been able to **cope** with **stress** and handle **challenging situations**.

- Yes
- No

I have been seeking **support** or talking to someone about my feelings when needed.

- Yes
- No