

Mental Brew | Mind & Me, Co.

How Are You Really Doing?

Mental Wellness Check-In

Take a few quiet minutes to pause, reflect, and check in with yourself. There are no right or wrong answers. Be honest and kind with yourself.

1. How am I feeling today?

2. What has been weighing on me lately?

3. What is going well in my life right now?

Continue Your Check-In

4. What do I need more of right now?

5. What do I need less of right now?

6. Who can I reach out to for support, encouragement, or connection?

7. One thing I can do for myself today is...

8. My wellness goal for this week:

Keep going: Want more guided wellness activities? Explore Mental Brew's upcoming workshops, classes, and enrichment programs.

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This worksheet is for educational and wellness purposes and is not a substitute for professional mental health care.