CLARITY IN CONNECTION COUNSELLING

A Gentle Daily Check-In

A few moments to notice what you need and set an intention for the day ahead.

You don't need to have everything figured out today. This is a space to slow down, notice how you're doing, and choose a few small, achievable intentions. There are no right answers and nothing you need to accomplish. Start where you are.

How am I arriving today?

Right now, I feel...

- ☐ Calm
- ☐ Tired
- ☐ Anxious
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Content
- ☐ Irritable
- ☐ Sad
- ☐ Energized
- ☐ Disconnected

Something else: _____

My energy today feels: Low ☐ ☐ ☐ ☐ ☐ High

The thought taking up the most space in my mind right now is... _____

What do I need today?

Today, I could use more...

- ☐ Rest
- ☐ Movement
- ☐ Connection
- ☐ Quiet
- ☐ Structure
- ☐ Reassurance
- ☐ Space
- ☐ Fun
- ☐ Nourishment
- ☐ Fresh air
- ☐ Support

Something else: _____

One way I can give myself a little of what I need is... _____

What matters today?

If I only get one important thing done today, I'd like it to be:

_____

One small thing I can do for myself today:

_____

Something that can wait: _____

A Small Intention

Instead of asking, "How can I have a perfect day?" ask what might make today feel a little more manageable.

For the day ahead

What would make today feel a little more manageable?

Today, I want to practice...

- [ ] Being patient with myself
- [ ] Speaking to myself more kindly
- [ ] Taking things one step at a time
- [ ] Letting "good enough" be enough
- [ ] Asking for help when I need it
- [ ] Noticing small moments that feel good
- [ ] Taking breaks without guilt
- [ ] Something else:

Something to remember

A kind thing I can say to myself today:

Something I'm looking forward to - even if it's small:

One thing I appreciate in this moment:

For Today

I don't have to do everything.

I don't have to feel good every moment for today to be a good day.

I can notice what I need, take one thing at a time, and give myself permission to adjust along the way.

This worksheet is intended as a general wellness and self-reflection resource. It is not a substitute for individualized mental health care, medical advice, or emergency support.