

WEEKLY CHECK-IN

THREE THINGS I AM PROUD OF

- 1 _____
- 2 _____
- 3 _____

ONE THING I LEARNED

ONE WAY I MADE IT THROUGH A DIFFICULT TIME

THREE THINGS I HAVE DONE TO CARE FOR MYSELF THIS PAST WEEK

- 1 _____
- 2 _____
- 3 _____

ONE GOAL FOR NEXT WEEK
