



~ Personal Check-In Worksheet ~

Date:

Rate yourself on a scale of 1-10 with how you're feeling in each category

- Academics - 1 2 3 4 5 6 7 8 9 10
- Health/Safety - 1 2 3 4 5 6 7 8 9 10
- Boredom/Engagement - 1 2 3 4 5 6 7 8 9 10
- Social - 1 2 3 4 5 6 7 8 9 10
- Relationships - N/A, 1 2 3 4 5 6 7 8 9 10
- Worry - 1 2 3 4 5 6 7 8 9 10
- Sleeping - 1 2 3 4 5 6 7 8 9 10
- Eating - 1 2 3 4 5 6 7 8 9 10
- Family - 1 2 3 4 5 6 7 8 9 10
- Self Image - 1 2 3 4 5 6 7 8 9 10

Add up all your scores and divide by 10 to get **My Weekly Rating** -

- What was your lowest score? Journal about how you feel about this:
- What do you need to bring this score up by 1 or 2 points?
- What was your highest score? What made it the highest? Journal about this:
- What do you want to keep doing to keep this score high?
- Who do you need to reach out to for support this week? When & how will you reach out to them?
- What do you need to do less of this week?
- What do you need/want to do more of or add this week?
- What is one thing you want to remember this week?

~ You got this!! You are braver than you think :) See you next week ~
If you need support Leeward Counseling can be reached at 781-424-8119 or
info@leewardcounseling.com