What Do I Need *Right Now?*

HOW AM I FEELING?

(Check all that apply)

- ☐ Overwhelmed
- ☐ Tired
- ☐ Anxious
- ☐ Stressed
- ☐ Irritated
- ☐ Sad
- ☐ Numb
- ☐ Disconnected
- ☐ Restless
- ☐ Exhausted
- ☐ Emotionally heavy
- ☐ Mentally cluttered
- ☐ Unmotivated
- ☐ Lonely
- ☐ I need comfort
- ☐ Something else: _____

WHAT DO I NEED MOST RIGHT NOW?

(Check or write in)

- ☐ Rest / Sleep
- ☐ Quiet Time
- ☐ Time Alone
- ☐ Support / Encouragement
- ☐ A Break
- ☐ Something Nourishing (food, drink, fresh air)
- ☐ To Feel Productive
- ☐ To Feel Connected
- ☐ To Feel More Grounded
- ☐ Something else: _____

WHAT WOULD HELP ME RIGHT NOW?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- _____

WHAT CAN I LET GO OF (FOR NOW)?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

A KIND THING I CAN DO FOR MYSELF TODAY ♥

_____

_____

_____

_____

A GENTLE REMINDER

_____

_____

_____

_____