



Session 03 – Big Little Things: Daily Tracker

Perform your daily check-in using the card below. Rate your day in each category as follows: **3 - GREAT!** | **2 - Alright** | **1 - Needs Attention**. This week we introduce mental wellbeing and revisit physical and emotional wellbeing during the daily check-in. At the end of the week, review your trend line and complete the reflection box at bottom. For more information about mental wellbeing, please refer to the educational resources you have been provided.

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHYSICAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
EMOTIONAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
MENTAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1

REFLECTION! What is your trend line telling you?	What area(s) were you strong this week?	What area(s) might need your attention next week?

Checking In

As you are checking-in to explore your mental wellbeing, ponder these questions:

- Do you feel content?
- Are you able to maintain fulfilling relationships with others?
- Can you bounce back from adversity?
- Do you enjoy a balance between work and play, rest and activity, and alone time and social opportunities?
- Is your thinking flexible in that it allows you to change course when needed?