



Session 04 – Big Little Things: Daily Tracker

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

Week 4	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
LIFE PURPOSE WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1

Checking In

When checking in on life purpose wellbeing, consider these questions:

- What is my connection to the world around me?
- Am I living my life in the best way possible?
- What can I do with my time that is important to me?
- Am I tolerant of the views of others?

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?