



Session 05 – Big Little Things: Daily Tracker

Perform your daily check-in using the card below. This week we are tuning in to career/financial wellbeing. For more information about career/financial wellbeing, please refer to the educational resources you have been provided. 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.

Week 5	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
CAREER/ FINANCIAL WELLBEING	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1

Checking In

Consider your answers to the following questions when checking in on career/financial wellbeing:

- How is your career and financial wellbeing?
- Do you enjoy going to work most days?
- Do you have a manageable workload at work?
- Is your work meaningful? Are your duties consistent with your values?
- Do you worry about your financial situation?
- Are you living within your means?
- Do you feel like you are in control of your spending and saving habits?

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?