



## Session 06 – Big Little Things: Daily Tracker

Perform your daily check-in using the card below. During the last week of the challenge, we pull in social wellbeing for a comprehensive look at overall wellbeing. For more information about social 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 6	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
SOCIAL 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 thinking about social wellbeing during a check-in moment, reflect on the following questions:**

- Am I living in harmony or conflict with those around me?
- What aspects of my social life do I enjoy? What aspects need my attention?
- Do I enjoy the time I spend with others?
- Do I explore diversity by interacting with individuals of other cultures, backgrounds, and beliefs?

**REFLECTION!**  
What is your trend line telling you?

List one cue to action you recognized.

What area(s) might need your attention this week?