Emotional Wellbeing Check-In

CHECK OFF THE BOXES FOR ACTIVITIES YOU DID

- Did you express gratitude today?
- What expectations of "normal" did you let go of today?
- Did you meditate or practice deep breathing?
- Did you check on or connect with someone today?
- Did you share joy with someone?
- Did you move your body?
- Did you show kindness?
- Did you do something meaningful?
- Did you laugh or smile?
- What beauty did you either create or invite in today?