

# Mental Health Check-In Sheet

**Title:** *How Am I Really Doing?*

**Format:** Downloadable PDF (1–2 pages – printable or fillable)

## Introduction

It's easy to say "I'm fine" while silently struggling. That's why regular self-check-ins are essential.










This **Mental Health Check-In Sheet** helps you pause, reflect, and assess how you're really feeling—emotionally, mentally, spiritually, and physically. Use it daily, weekly, or anytime you feel overwhelmed or disconnected.

**"Awareness is the first step to healing and growth."**

— Alfred Esene

## Part 1: Emotional Check-In

**Today I feel...** (circle all that apply)

 Joyful    Neutral    Sad    Angry    Anxious    Lonely    Loved    Overwhelmed    Hopeful




**On a scale of 1–10, how would I rate my emotional state today?**

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6   ☐ 7   ☐ 8   ☐ 9   ☐ 10

## Part 2: Mental Clarity & Thought Patterns

- Are my thoughts mostly:  
☐ Hopeful   ☐ Fearful   ☐ Focused   ☐ Scattered   ☐ Critical   ☐ Peaceful
- One recurring thought or worry today: \_\_\_\_\_
- What's something true I need to remind myself of: \_\_\_\_\_

## Part 3: Physical & Lifestyle Habits

- Did I sleep well last night? ☐ Yes   ☐ No
- Did I eat something nourishing today? ☐ Yes   ☐ No
- Did I move or exercise today? ☐ Yes   ☐ No
- Have I had enough water today? ☐ Yes   ☐ No
- Energy level today:  Low    Moderate    High

#### Part 4: Spiritual & Inner Life

- Have I taken a moment for prayer, meditation, or stillness today?  
☐ Yes ☐ No
- Do I feel connected to something bigger than myself?  
☐ Yes ☐ No ☐ Unsure
- One thing I'm grateful for today: \_\_\_\_\_
- One word that describes my spiritual state today: \_\_\_\_\_

#### Part 5: Support & Next Steps

- Do I need to talk to someone today?  
☐ Yes ☐ No ☐ Not Sure
- What's one kind thing I can do for myself today? \_\_\_\_\_
- What would help me feel better right now?  
☐ Rest ☐ Prayer ☐ Talk to someone ☐ Go outside ☐ Creative time ☐ Write it out ☐ Other: \_\_\_\_\_

#### Final Note

You matter. Your feelings are valid.

You don't have to figure everything out today—but checking in is a powerful place to start.

**"You're not behind. You're becoming."**

— From all of us at **World Mastery Innovation Hub**