pensio

Self-Care Check-in

5 min

A quick daily check-in on your energy, boundaries, sleep, and emotional temperature.

*Note**: This template is designed for personal reflection and self-awareness. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please contact a mental health professional or call your local emergency services.*

SECTION 3

Energy level today (1–10):

SECTION 4

Emotional temperature (1–10):

SECTION 5

Hours of sleep last night:

SECTION 6

Did I eat well today?

SECTION 7

Did I drink enough water?

SECTION 8

Did I move my body?

SECTION 9

Did I say no to something I needed to?

SECTION 10

One self-care win today:

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