

Where's Your Head At?

A Quick Check-In

1. How's your mind feeling right now?





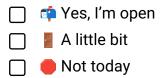
🗋 🌀 All over the place

🗋 😶 Empty

- 2. What kind of pace are you craving today?
 - 📄 🏃 Fast and busy
 -] 🚶 🞗 🛛 Steady and easy
 - 🗌 🛁 Slow and quiet
 - 🔲 🔁 Just getting through
- 3. Which word feels like your mind right now?
 - 🗌 🎯 Focused
 - 🗋 😶 Foggy
 - 🗌 🎡 Spinning
 - Tired
 - 🔲 💽 Just okay
- 4. How much do you want to talk to people today?
 - 🔲 🤝 I want a good conversation
 - Just a little chat
 - 📋 🤫 l'd like some quiet
 - □ **a d** Not sure yet

- 5. If your mood was like the weather, what would it be?
 - 🔲 🌞 Sunny and clear
 - 🔲 🌊 Rising like waves
 - 🔲 🎐 Windy and wild
 - Quiet and dark
 - 🗋 🌱 Growing slowly
- 6. Where do you feel your energy today?
 - 🔲 🧠 In my head
 - □ ♥ In my heart
 - 🔲 🧍 In my body
 - 🔲 🌌 Somewhere far away
- 7. How do you feel about the rest of today?
 - 🔲 🚀 l'm ready for anything
 - I'll go with the flow
 - 🔲 Just doing what I can
 - 🔲 😵 💫 I want it to be over
- 8. If your mood had a soundtrack, it would be:
 - Loud and happy
 - Soft and chill
 - 🔲 🥁 A little chaotic
 - 🔲 🔇 Total silence
- 9. What might help you feel better right now?
 - 🗋 💣 A break
 - 🔲 🌿 Being outside
 - Music
 - $\square \land \blacksquare$ Journaling or reflection
 - 🗌 👤 Alone time

10. Are you ready to take in new ideas or plans?



Depends on what it is