



Where's Your Head At?

A Quick Check-In

1. How's your mind feeling right now?
 - ☐ 🧘 Calm
 - ☐ 🤖 Busy
 - ☐ 🌀 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
 - ☐ 😶 I'd like some quiet
 - ☐ 🧑🏻♂️ 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?

- ☐ 🚀 I'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
- ☐ 📖🩹 Journaling or reflection
- ☐ 👤 Alone time

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

- ☐ 🗨️ Yes, I'm open
- ☐ 🗨️ A little bit
- ☐ 🛑 Not today
- ☐ 🤔 Depends on what it is