



Mental Health Awareness Month Check-In

A Guided Self-Reflection Worksheet

Use this checklist during Mental Health Awareness Month—or anytime you want to reconnect with yourself. There are no right or wrong answers. Move at your own pace.

EMOTIONAL AWARENESS: HOW AM I FEELING?

- What emotions have been coming up for me lately?
- Are there feelings I've been avoiding or pushing aside?
- When I feel overwhelmed, what might be underneath that feeling?
- What situations or people seem to impact my mood the most?
- When do I feel most calm, grounded, or like myself?
- If my emotions could speak, what would they want me to know?

Notes:

THOUGHT PATTERNS: HOW AM I THINKING?

- What thoughts have been repeating in my mind recently?
- How do I talk to myself when I make a mistake?
- Do I tend to expect the worst or assume negative outcomes?
- What beliefs about myself feel strongest right now?
- Are my thoughts helping me move forward—or keeping me stuck?
- What might it look like to respond to myself with more compassion?

Notes:

RELATIONSHIPS: HOW AM I CONNECTING WITH OTHERS?

- Which relationships feel supportive and energizing?
- Which relationships feel draining or difficult?
- Do I feel comfortable expressing my needs and boundaries?
- How do I typically respond to conflict or disconnection?
- Where do I feel most like I can be myself?
- What would healthier or more fulfilling relationships look like for me?

Notes:



CAREER & PURPOSE: DOES MY WORK ALIGN WITH ME?

- How does my work affect my mental health day-to-day?
- What parts of my work feel meaningful or fulfilling?
- What parts feel draining, stressful, or misaligned?
- Do my daily efforts reflect what matters most to me?
- What feelings come up when I think about my future in this role?
- What would a more balanced or satisfying work life look like?

Notes:

SELF-CARE & DAILY HABITS: HOW AM I TAKING CARE OF MYSELF?

- Am I getting enough rest—and is it restorative?
- How am I currently coping with stress?
- What activities help me feel recharged or grounded?
- When was the last time I did something just for enjoyment?
- Do I give myself permission to slow down?
- What small changes could better support my well-being?

Notes:

OVERALL CHECK-IN: WHAT NEEDS ATTENTION RIGHT NOW?

- What feels most out of balance in my life?
- What have I been avoiding or putting off?
- What matters most to me right now?
- What kind of support might I need at this time?
- What is one small step I could take to care for myself this week?
- What would it look like to prioritize my mental health more intentionally?

Notes:

FINAL REFLECTION

What stood out to me most during this check-in?

What is one change I can make today?