



CHECK YOURSELF

A no-BS tracker to help you keep tabs on your head, your habits, and what's working.

*You don't need to journal every day. You don't need to be perfect.
You just need to stay honest with yourself.*



WEEKLY HEADSPACE TRACKER

Day	Mood (Pick 1–2)	Energy (1–10)	Anything that stood out?
Monday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Tuesday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Wednesday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Thursday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Friday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Saturday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____
Sunday	<input type="checkbox"/> Chill <input type="checkbox"/> Angry <input type="checkbox"/> Flat <input type="checkbox"/> Stressed <input type="checkbox"/> Good	_____	_____

✓ MICRO WINS LOG

Write down small things you did this week that deserve a fist bump — no matter how minor.

“Got out of bed when I didn’t want to.” | “Called a buddy.” | “Did one more rep.”



BUILDING THE HABIT

The habits I'm trying to build
(even if I suck at it):

1. _____
2. _____
3. _____

Day



#1



#2



#3

Mon

Tue

Wed

Thu

Fri

Sat

Sun

*Forget streaks. Just track
what makes you feel more like
you.*



RESET RITUAL

*What helps me reset for a new
week?*

☐ *Clean my space*

☐ *Move my body*

☐ *Make a list*

☐ *Talk to someone*

☐ _____

*Add your own: What's your
go-to reset move?*



WEEKLY REFLECTION:



What helped this week?



What wore me down?



NEXT WEEK, I WANT TO...

*What's one thing I want to try,
fix, or enjoy next week?*



Foldable Wallet Card

(Print, cut, fold, carry.)

For when your mind is spinning and you need a lifeline.

3-Step Reset

1. GROUND YOURSELF

- ☐ 5 things you can see
- ☐ 4 you can touch
- ☐ 3 you hear
- ☐ 2 you smell
- ☐ 1 you taste

or

- ☐ Try 4-7-8 breathing
(Inhale 4 / Hold 7 / Exhale 8)

2. CONTACT SOMEONE

Call, Text, Send a voice note

"Hey, I'm not doing great.
Can we talk for a sec?"

3. MOVE YOUR BODY




- ☐ Walk the block
- ☐ Cold water on face
- ☐ 10 pushups
- ☐ Stretch + breathe

REMINDERS + RESOURCES

YOU'RE NOT A BURDEN. YOU'RE NOT BROKEN.

You're overwhelmed — and that's human.

If it's serious:

-  Call or text **988**
-  Text "HELLO" to **741741**
-  Call your buddy. Any buddy.

Keep this card in your wallet or glove box. Use it if you forget what to do.