

CAREGIVER CHECK-IN LIST

A grounding tool to help you tune into yourself—you deserve it!

MENTAL

- *Has my mind been moving too fast or slow, or juuusst right? WHY?*
- *What's one thought I need to let go of before it owns me?*
- *Did I mentally disconnect from my own needs today?*

EMOTIONAL

- *What feeling am I carrying that isn't mine?*
- *Have I made space to cry, laugh, vent or feel this week at all? What feeling stood out?*
- *Am I holding guilt for something I didn't cause or can't control?*

PHYSICAL

- *Have I eaten considered my diet or water intake at all today?*
- *Did I move my body with intention (walk/jog/bike/yard work/gym/yoga)?*
- *How's my sleep—be honest. What's one small way I can improve it?*

RELATIONSHIP

- *Have I connected with someone just for me lately? Whose energy do I miss?*
- *Am I isolating because I feel misunderstood or overwhelmed? Who gets me when I feel this way?*
- *Who around me feels exhausting? – yeah, cut that shit out.*

SPIRITUAL SOUL

- *When was the last time I felt calm—not just physically, but mentally?*
- *Have I created something, prayed, meditated, or connected to something bigger than me?*
- *Am I in alignment with what matters most to me (hobbies/values/goals/vocation)?*

BENT, NOT BROKEN

TODAY'S SUMMARY (Say it out loud):

- **Today, I need to release the feeling of:** _____
- **I'm so goddamn proud of:** _____
- **One thing I WILL do for myself:** _____