

THINK ABOUT WHAT YOUR DAY LOOKED LIKE
THE PAST FEW WEEKS AND ASK YOURSELF
THESE QUESTIONS:

*DID I GET ENOUGH SLEEP LAST NIGHT?

*WHAT FOODS/BEVERAGES DID YOU USE TO GET THROUGH THE DAY?

*WERE MY EMOTIONS RELATIVELY CONSISTENT OR WAS THERE A LOT OF VARIANCE THROUGHOUT THE DAY?

*WHAT WAS DIFFICULT?

*DID I REACH OUT AND ASK FOR SUPPORT?

*WHAT DID I DO TO TAKE CARE OF MYSELF?