A moment for yourself.

A personal wellbeing check-in

There is space for your own experience. Use these prompts at your own pace.

01 ## How am I feeling today?

Give your feelings a name, with room for more than one.

02 ## What needs my attention?

Consider your emotional needs alongside everyday practical ones.

03 ## What feels supportive?

Think of a person, place or small moment that helps you feel connected.

04 ## What would I like to ask for?

Choose one form of support you would welcome today.

05 ## What will I carry forward?

A gentle thought, a question, or a conversation to begin.