

Skills Beyond Education

Weekly Check-In

Worksheet

What was the best thing that happened this week?	
What happened this week that I am grateful for?	
What did I learn this week?	
Did I make time for myself this week?	
What was my overall mood like this week?	
How did I show kindness this week?	
How was I shown kindness this week?	
What did I do to take care of myself this week?	
Was there anything that made me feel down?	
What do I want to change next week?	
What am I grateful for this week?	