Hello Bean

Free Resource 02

DATE: _____

Checking In With Myself Today

Not a test. Not a progress report.
Just a chance to notice where I am today.

My Inside Weather Today

What's the overall feel of my day? Circle, colour, or add your own. There'sno right or wrong.



Bright — More good moments

Partly cloudy — A mix of feelings

Cloudy — Feeling heavy

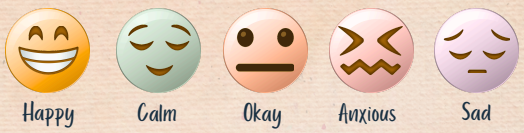
Rainy — Overwhelmed

Stormy — A hard day

A little more detail: _____

Right now, I feel...

Choose one or a few, or add your own.



Happy | Calm | Okay | Anxious | Sad



Tired | Overwhelmed | Hopeful | Numb | A mix of everything

Other: _____

Today my energy feels...

Shade the battery to match how you feel.
You can also write a word or colour it in.



Very low | Low | Moderate | High | Very high

What's Taking Up Space Today?

Some days there's lots going on. This page is simply somewhere to put a few of those things.

On my mind...

_____

_____

_____

_____

In my heart...

_____

_____

_____

_____

In my body...

_____

_____

_____

_____

In the background...

_____

_____

_____

_____

Right now, I need more...

Choose a few, or add your own.

- ☐ Rest
- ☐ A quiet moment
- ☐ Fresh air
- ☐ A nice cup of tea/coffee
- ☐ Time with a trusted friend
- ☐ A creative outlet
- ☐ Patience with myself
- ☐ Gentle reminders
- ☐ Less pressure
- ☐ More connection
- ☐ A distraction
- ☐ Something else

What might make today a little easier?

Not a big plan. Just something worth noticing.

_____

_____

_____

One thing I haven't said out loud...

_____

_____

_____

Something that surprised me today...

_____

_____

_____

One small thing I can do for myself today...

_____

_____

_____

Take Your Time Here