

CYRILL

Feelings Starter Kit

Your Name

4 pages to get to know yourself
Print at home



SELF CHECK-IN

1. Have you checked in with yourself today?

- a) Yes
- b) No

2. How are you feeling today, really?

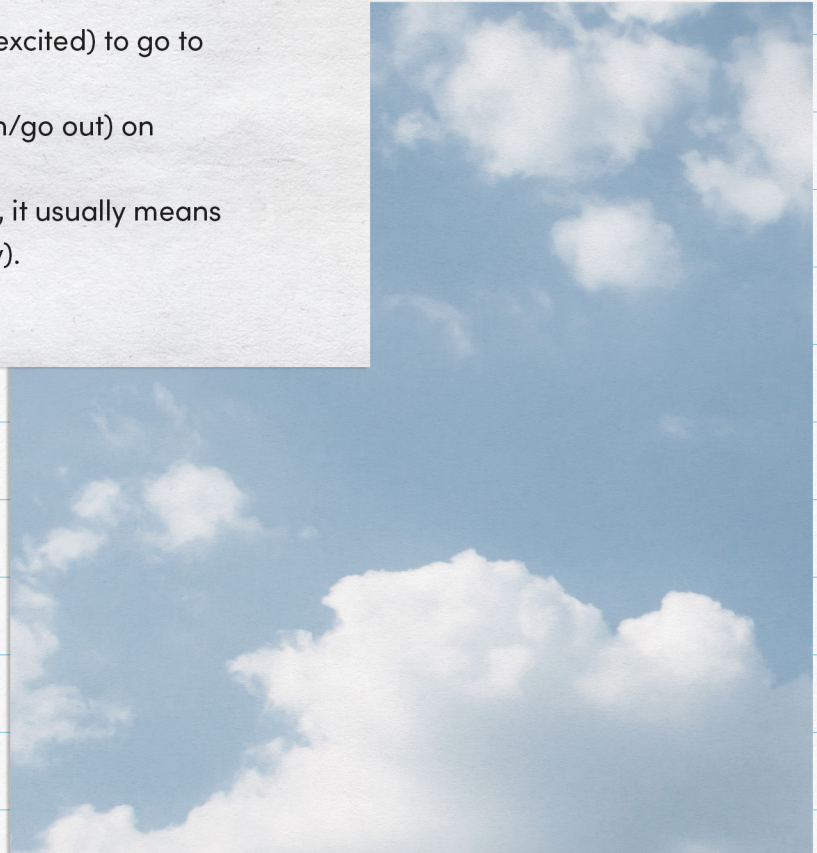
- a) :)
- b) :(
- c) :/

3. Lately, I've had

- a) More good days
- b) More bad days

4. Circle the word that relates to you the most.

- I feel (stressed/excited) to go to parties.
- I want to (stay in/go out) on Friday night.
- When I'm angry, it usually means I'm (hurt/hungry).



5. How often do you check in with yourself?

- a) Always
- b) Sometimes, I guess
- c) Rarely—I never think about it

6. Name 3 things that made you happy today.

1. _____

2. _____

3. _____

7. What's your excuse to avoid going out? (we need ideas)

8. What does lonely mean to you?

- a) Being alone
- b) Being around people who don't understand you
- c) Feeling FOMO when you see what others are doing
- d) All of the above
- e) Other: _____

9. How burnt out do you feel right now? (fill in your percentage)




































0%

100%

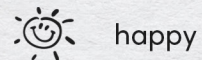
10. I feel _____ about the future.

WEEKLY FEELING FORECAST

Color in your mood for each day of the week.

M					
T					
W					
T					
F					
S					
S					

KEY



happy



sleepy



neutral



stressed



sad

HOW ARE YOU FEELING NOW?

USE THIS SPACE TO WRITE YOUR THOUGHTS.

Stop apologizing.



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8.5 in x 11 in • College Ruled

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