BETTY GULKO • MENTAL WELLNESS WORKSHEET

The Self-Check-In

Understanding What I Need

Take a pause. You don't have to solve everything right now. Use these prompts to notice what's going on for you and identify one supportive next step. Skip any question that doesn't feel useful today.

1. What am I noticing right now?

Name a feeling, thought, or body sensation—without judging it.

2. What has been taking up the most space in my mind lately?

What keeps coming up, feels heavy, or needs your attention?

3. What might I need more of—or less of—right now?

For example: rest, connection, movement, quiet, support, boundaries, or time.

4. What is one thing within my control today?

Choose something small and realistic. It does not need to fix everything.

MY NEXT SMALL STEP

One kind, doable thing I can do for myself in the next 24 hours:

A reminder: You don't need to have every answer to take one supportive step.

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For reflection and educational purposes only; this worksheet is not a substitute for individualized mental health care.