

MENTAL HEALTH CHECK-UP

date: _____

Areas of Life

Health	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible
Finances	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible
Career	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible
Relationships	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible
Friends + Family	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible
Social Life	☐ Great	☐ Good	☐ Ok	☐ Not Good	☐ Terrible

What's going wrong in your life right now?

What's going right in your life right now?

How can you comfort yourself until the storm passes?