

Weekly Mental Health Check-In

Set aside 5–10 minutes each week to pause and check in with yourself.
Use these prompts to reflect, reset, and refocus.

What went well this week?

List moments, accomplishments, or small wins (even if they felt tiny):

What felt difficult?

Describe any challenges, emotions, or stressors you faced:

What do I need more of?

Think about time, connection, rest, structure, fun, etc.:

What do I need less of?

Identify what might be draining you — habits, patterns, or worries:

One thing I'm proud of:

This can be anything — showing up, being kind, setting a boundary, etc.:

One small goal for next week:

Something doable. A reset, not a reinvention.

Remember: Growth isn't always loud or fast.
Checking in with yourself regularly is a powerful act of care.



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