

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	0
	0
	0
	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS
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	MY RANKING OF MY MENTAL HEALTH THIS WEEK