

TRACK MY DAY

Take a moment. Check in. Move forward.



RIGHT TRACK WELLBEING

YOU ARE NOT ON THIS JOURNEY ALONE.

TRAUMA-INFORMED WELLBEING
PAIN INTO PURPOSE

Sometimes the most important thing we can do is pause long enough to notice where we are.

Use this page to reflect without judgement. There are no right or wrong answers, only awareness.

DATE: _____

HOW TO USE THIS ACTIVITY

Take a few minutes to check in with yourself. Answer each question honestly and with compassion. This isn't about being perfect, it's about building awareness and taking one small step forward.

T



HOW AM I FEELING TODAY?

- ☐ Happy ☐ Calm ☐ Hopeful
☐ Content ☐ Tired ☐ Anxious
☐ Overwhelmed ☐ Frustrated ☐ Sad
☐ Lonely ☐ Angry
☐ Other: _____

R



HOW FULL IS MY CUP TODAY?

Circle one.

Empty Low Half Full
 Nearly Full Full

A



WHAT DO I NEED TODAY?

- ☐ Rest ☐ Fresh air ☐ Water
☐ Movement ☐ Quiet ☐ Connection
☐ Nourishing food ☐ Sleep ☐ Time for myself
☐ Other: _____

C



WHAT'S TAKING UP MOST OF MY HEADSPACE TODAY?

K



ONE THING I'M GRATEFUL FOR TODAY

ONE THING I DID WELL TODAY

MY NEXT SMALL STEP IS...

WHAT HAVE I NOTICED ABOUT MYSELF TODAY THAT I WANT TO TAKE WITH ME TOMORROW?

A REMINDER TO MYSELF...

REMEMBER...

- You don't have to have everything figured out today.
- Small, consistent steps create lasting change.
- Awareness comes before change.
- You are not on this journey alone.



TRAUMA-INFORMED
WELLBEING



PRACTICAL
TOOLS



REAL CHANGE
LASTING IMPACT



RIGHT TRACK
WELLBEING
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