











MISSION CHECK-IN

A DAILY MENTAL WELLNESS WORKSHEET

Taking a few minutes to check in with yourself can help you stay strong, focused, and mission ready.

★ 1. HOW AM I FEELING TODAY?

Check all that apply.

- | | |
|--|---|
| <input type="checkbox"/>  OVERWHELMED | <input type="checkbox"/>  DISCONNECTED |
| <input type="checkbox"/>  EXHAUSTED | <input type="checkbox"/>  NUMB |
| <input type="checkbox"/>  ANXIOUS | <input type="checkbox"/>  STRESSED |
| <input type="checkbox"/>  ANGRY | <input type="checkbox"/>  MENTALLY DRAINED |

OTHER: _____

★ 2. WHAT'S ON MY MIND RIGHT NOW?

Write freely. No judgment.

★ 3. WHAT CAN I CONTROL TODAY?

Focus on what's in your hands.

★ 4. ONE THING I NEED RIGHT NOW

Be honest. What will help me reset?

★ 5. ACTIONS I CAN TAKE TODAY TO RESET

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| HYDRATE | BREATHE | SLEEP | MOVE | TALK | JOURNAL | REFLECT | TAKE A BREAK |
| Drink water.
Stay sharp. | Take slow,
deep breaths. | Rest is
recovery. | Get your body
moving. | Reach out.
You're not alone. | Write it out.
Clear your mind. | Pray, meditate,
or reflect. | Step away.
Recharge. |

★ 6. REMINDER



YOU DO NOT HAVE TO CARRY EVERYTHING ALONE.

It's okay to ask for help. It's okay to rest.
Your strength is not in carrying everything—
it's in knowing when to reach out.

YOU MATTER. YOUR MENTAL HEALTH MATTERS.

