

MENTAL HEALTH CHECKLIST

What promise of God do I need to meditate on today?



How am I feeling? (Physically & Mentally)



How long have I spent on my phone today?



When did I last eat a whole meal?



When did I last do a kind thing for someone else?



When did I last talk to someone about my feelings?



What can I celebrate today?



When did I last go outside?



What is taking up most of my headspace?



What can I do that will bring me joy?



Checklist Mental Health

Rachel Sandford



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