

## DAILY CHECK-IN

### Warning & Wellness Signs



This **awareness raising tool** was inspired by a senior level coachee who described being consumed by a difficult situation at work. He mind was on the situation constantly until it was resolved. Her day-to-day effectiveness at work was impacted, it affected her attention at home, and she knew she wasn't looking after herself physically. The problem was that she didn't become aware of these things until she was out of the situation. We talked about having a wellbeing/warnings signs checklist that she completed every day regardless of how easy or challenging things were at work. That way she could notice sooner if she was in 'unhealthy' territory and consider what corrective action she wanted to take.

WARNING SIGNS from the last 24 hours	TICK IF TRUE
I had disturbed sleep	
I woke up worrying about something	
I feel asleep on the sofa	
I missed breakfast	
I missed lunch	
I missed dinner	
I drank more caffeine than usual	
I drank alcohol	
I didn't get on with the things I needed to at work	
I ruminated on something without taking action to solve it	
I was distracted or distant with loved ones	
I didn't exercise	
My body has felt achy or tired	
I didn't do something that would be good for me because I was concerned about other people's perceptions	
I cancelled something I had been looking forward to	
I criticised myself for something I wouldn't criticise others for	

WELLNESS SIGNS from the last 24 hours	TICK IF TRUE
I slept the whole night without disturbance	
I woke up feeling refreshed	
I felt at ease as I considered the day ahead of me	
I fuelled myself with the food I needed across the day	
I have taken breaks during the day	
I have been outside in a green space	
I have exercised in a way that feels good for me	
I have felt a sense of accomplishment at work	
I have done things I think mattered at work	
I think I have had a direct positive impact on someone at work	
I have felt appreciated at work	
I have had interactions at work that felt good	
I have had enjoyable time with loved ones	
I have done something I like to do beyond work and family	
I have felt at ease during the day	
Today is the sort of day I would want to have again	