Monthly Emotional and Mental Wellbeing Inventory

In the past month have I...

**PHYSICAL**  
...Been sleeping too much or too little?

...Been been not eating when hungry or eating even when not hungry?

...Been more or less sexually active? (Including personal sexual activity)

...Worked more than my body thinks is acceptable?

...Maintained my physical health? (Brush teeth, shower, eat well)

...Maintained my physical space? (Done dishes, done laundry, cleaned up)

...Developed and maintained healthy coping mechanisms and rejected unhealthy ones?

**WORK**

...Committed to my scheduled times for creativity?

...Seen fruit of my creativity that I may forget when I'm not feeling "into it"?

...Maintained a balance of work and life or allowed work to control my outside life?

...Had positive things happen at work I may overlook when negative things happen?

...Have I scheduled time where I do no work to simply B E?

**RELATIONAL**  
...Created time for important people in my life?

Which relationships give me energy, and how can I foster those?

Which relationships drain my energy, and how can I change those?

Which relationships are toxic and how can I allow myself to let them go?

What pains of the past am I refusing to let go of?

What perceived expectations of others am I allowing to control what I do?

**OTHER**  
What positive things have been happening lately?

What negative things have been happing lately, and what can I do about them?

What is bringing me down in this very moment and what can I do about it?

What is bringing my joy in this very moment?