



## Healthcare Worker Check-In

*Where science meets heart in your journey to authentic wellbeing*

You spend your days caring for others, but who's checking in on you? This reflection is your space. No performance, no fixing, just honesty with yourself.

### How am I really?

If I had to describe how I'm feeling in three words right now, they would be:

On a scale of 1-10, my energy level this week has been:

### What's weighing on me?

Something from work that's still sitting with me:

Something outside of work that's taking up space in my mind:

### What do I need?

One thing I've been neglecting (sleep, food, connection, rest, movement):

One small thing I can do for myself today:

Someone I could reach out to if I need support:

### My reflections:

**A reminder you might need:** You cannot pour from an empty cup. Caring for yourself isn't a luxury; it's what allows you to keep showing up for others. You matter too.

[www.thehonestjourney.co.uk](http://www.thehonestjourney.co.uk)