

One Hard Thing, One Good Thing

A week can hold difficult moments and good ones at the same time. This check-in gives both somewhere to go, without asking you to ignore what was hard or force yourself to feel positive about it.

Something that felt difficult

A feeling, event, thought, interaction or challenge

Something that felt good

A moment, comfort, connection, win or small pleasure

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Looking back, what do I want to remember from this week?