THE NOVA WELLNESS COLLECTION INC.

WHAT DO I NEED RIGHT NOW?

DATE _____ **TIME** _____

Check in with yourself. Be honest. Start with one real need.

1. WHAT AM I FEELING RIGHT NOW?

- ☐ Calm
- ☐ Anxious
- ☐ Frustrated
- ☐ Sad
- ☐ Numb
- ☐ Overwhelmed
- ☐ Angry
- ☐ Lonely
- ☐ Other: _____

2. ENERGY LEVEL

1 2 3 4 5 6 7 8 9 10

low high

3. WHAT FEELS HEAVY RIGHT NOW?

_____

_____

_____

_____

4. WHAT DO I NEED MOST?

- ☐ Rest
- ☐ Food
- ☐ Water
- ☐ Quiet
- ☐ Movement
- ☐ Comfort
- ☐ Space
- ☐ Reassurance
- ☐ Sleep
- ☐ Support

5. WHO OR WHAT COULD HELP?

_____

_____

_____

_____

6. WHAT IS REALISTIC FOR ME RIGHT NOW?

_____

_____

_____

_____

7. ONE THING I CAN GIVE MYSELF NEXT

_____

_____

_____

Your needs are valid, even when they are simple.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.