Still Showing Up

A real guide for school, college & anxious starts

Day 1

Today's Focus

One small thing I want to manage

_____

Mood Check-In

Pick an emoji or write one word that fits

_____

Support Statement

A kind phrase I can repeat today

_____

Hydration Reminder

Tick once I've had water today [ ]

_____

Tiny Win of the Day

Something that went OK or better than expected

_____

Night Note

What I want to remember for tomorrow

_____

Still Showing Up

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Day 2

Today's Focus

One small thing I want to manage

_____

Mood Check-In

Pick an emoji or write one word that fits

_____

Support Statement

A kind phrase I can repeat today

_____

Hydration Reminder

Tick once I've had water today [ ]

_____

Tiny Win of the Day

Something that went OK or better than expected

_____

Night Note

What I want to remember for tomorrow

_____

Still Showing Up

A real guide for school, college & anxious starts

Day 3

Today's Focus

One small thing I want to manage

_____

Mood Check-In

Pick an emoji or write one word that fits

_____

Support Statement

A kind phrase I can repeat today

_____

Hydration Reminder

Tick once I've had water today [ ]

_____

Tiny Win of the Day

Something that went OK or better than expected

_____

Night Note

What I want to remember for tomorrow

_____

Still Showing Up

A real guide for school, college & anxious starts

Day 4

Today's Focus

One small thing I want to manage

_____

Mood Check-In

Pick an emoji or write one word that fits

_____

Support Statement

A kind phrase I can repeat today

_____

Hydration Reminder

Tick once I've had water today [ ]

_____

Tiny Win of the Day

Something that went OK or better than expected

_____

Night Note

What I want to remember for tomorrow

_____

Still Showing Up

A real guide for school, college & anxious starts

Day 5

Today's Focus

One small thing I want to manage

_____

Mood Check-In

Pick an emoji or write one word that fits

_____

Support Statement

A kind phrase I can repeat today

_____

Hydration Reminder

Tick once I've had water today [ ]

_____

Tiny Win of the Day

Something that went OK or better than expected

_____

Night Note

What I want to remember for tomorrow

_____