

Week:

## How's it going!? Checklist for my personal balance

### Information and media:

<i>Referring to last week:</i>	☹	☺	😊
How well did the amount of news and info suit me?			
How well has my use of social media done me?			
How well did reading (e.g., books, audiobooks, podcasts) work for me?			
How well did movies/series feel to me?			
What do I plan for my media use next week?			

### Self-care:

<i>Referring to last week:</i>	☹	☺	😊
How well did my routines and rituals work for me?			
How appropriate for me was the amount of exercise and fresh air?			
How well did I settle down in between?			
What do I plan for my self-care next week?			

### Social connection and sharing:

<i>Referring to last week:</i>	☹	☺	😊
How appropriate did the number and duration of my social contacts feel?			
How well did I feel connected to others?			
How much did I take opportunities to offer or receive help?			
What do I plan for my social connections next week?			

### Studies:

<i>Referring to last week:</i>	☹	☺	😊
How interesting did I find my studies?			
How was my motivation for preparing/learning/writing?			
How successful did my preparing/learning/writing feel?			
What do I plan for my studies next week?			