

Worksheet 1: Checking in with Yourself

Parenting through divorce is exhausting. This worksheet helps you pause and notice how *you're* doing.

On a scale of 1–10, how am I feeling today? (1 = completely drained, 10 = surviving? I'm thriving!)

1 2 3 4 5 6 7 8 9 10

What's taking up most of my mental energy right now?

The last time I took a real break (even 15 minutes) was:

One thing I did today just for me:

One thing I'm proud of as a parent this week:

One thing I'm struggling with as a parent right now:

Who can I call when I need to vent or feel heard?

What I need right now (sleep, help, a hug, quiet, to cry, etc.):

