



How Are You, Really?

Check-in on Emotional Wellbeing & Noticing Where Change is Needed

Use this as a guide before any psychedelic journey you begin. This self-guided check-in will help you take stock of your emotional well-being. This exercise won't give you a "wellness score" or ranking, and shouldn't be used as a diagnostic tool or a substitute for professional help. Instead, these questions are meant to get you thinking about different aspects of your life and mental health to help you identify what's working and where you might make adjustments.

MOOD

How would you describe your mood most days?

- Is it generally positive, generally negative, or a mix?
- Do you tend to feel more positive or negative emotions throughout the day? (Think joy, love, or awe versus anger, sadness, or anxiety.)

SELF TALK

Is your inner monologue more self-critical or self-compassionate?

- When trying something new, do you think you're going to succeed, or are you sure you're going to fail?
 - If you make a mistake, do you beat yourself up afterward, or do you give yourself the benefit of the doubt?
-

PHYSICAL HEALTH

How is your physical health, generally?

- How often do you sleep for seven to nine hours a night?
 - How much physical activity do you do each week?
-

RELATIONSHIPS

Do you feel like you have strong relationships with family, friends, neighbors, or co-workers?

- How often do you see people socially every week?
 - Do you have someone you could call in an emergency?
-

MEANING AND PURPOSE

Are there things in your life that give you a sense of meaning or purpose?

- This could be through work, volunteering, hobbies, a religious community, or caring for others.
 - Do you have a sense of responsibility for something or someone other than yourself?
 - Do you feel that your contributions matter?
-

COMPETENCY

Do you feel like there are things in your life that you're good at?

- Are there parts of your life that give you a sense of accomplishment?
 - Do you feel like you are generally a capable person?
-

FLOW

How often do you feel completely absorbed in what you're doing?

- Do you ever lose track of time while you're working or doing a hobby?
 - Do you look forward to participating in those activities?
-

CONTROL AND AUTONOMY

Do you feel like you are generally in control of your life?

- Do you feel like you have autonomy and agency, at work and at home?
 - Do you make the major decisions about your life, or does someone else?
-

MONEY AND RESOURCES

Do you have enough financial resources to support yourself and your family?

- Do you ever have to worry about necessities like food or housing?
 - Do you have the resources and support you need to do your job well?
-

FAIRNESS

Do you feel like the world is generally a fair place?

- Are there systems that stymie you?
 - Do you feel like you have as many opportunities as the next person?
-

LIFE SATISFACTION

Generally speaking, how satisfied are you with your life?

- Have you achieved, or are you on the path to achieving, most of the important things you wanted?
- Are there major aspects of your life that you would change?

Good Job! Now Set Your Intentions