

First-Quarter Check-In

Mental Health Mastermind

Notes

The Benefits of Checking In:

Frequent constructive feedback is essential to our progress in any goal in life. It gives us a chance to identify successes and pivot when necessary. When we push ourselves hard without taking a moment to pause and reflect, we put ourselves at risk for burnout and frustration.

Ways to Check In:

Self-monitoring, journaling, habit tracking apps, bullet journals, sticker charts, and meditation are great ways to check in on your progress and how you feel about the goals you've set. Set aside a little time every day or every week specifically for checking in on your goals.

You might also find it beneficial to check in with a friend as you're doing in this mastermind. It doesn't need to be formal. Just keeping their goals in mind and making a point of asking how it's going can help get the conversation started.

Be sure to ask yourself how you feel about your goals and the process of reaching it. If you find it exhausting or pressured, considering where you can make it more accessible.

It's common to start working toward a goal only to find that the goal has shifted along the way. Honor the discoveries inherent in change!

This is also the perfect time to notice any challenges you've faced and what you've learned from them.

Work

Look Back at Your Original Goals

What were your goals at the start of this mastermind? How do they feel now? What progress have you made?

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Identify the Lessons

The tough things that have happened or challenges I've faced:	What this taught me or how I've grown since then:

The good things that have happened or successes I've had:	What this taught me or how I've grown since then:

Uncover and Examine Your Beliefs

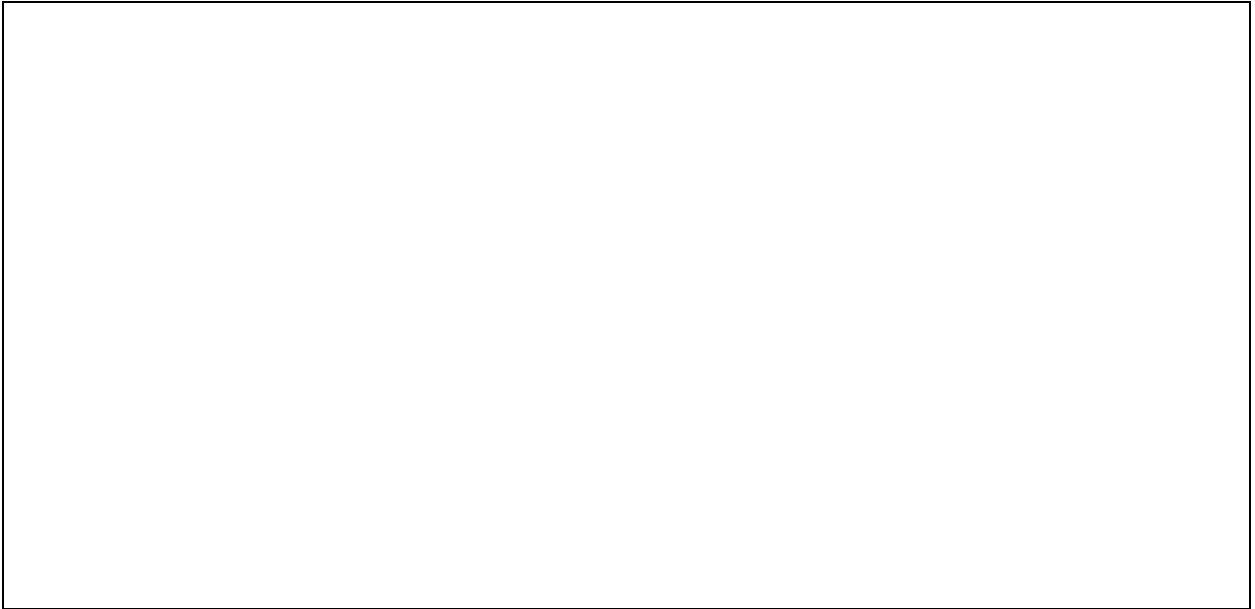
What beliefs about yourself or how the world works did you encounter while working toward these goals?

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Are they true? What evidence do you have either way?

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How do you feel when you believe this is true?



Is it time to name a new truth? If so, what might that new truth be?



Homework:

Keep an evidence list.

As we continue in this mastermind, your homework will be to keep an evidence list that confirms new, empowering beliefs about yourself. You might collect evidence that you are making progress or evidence that confirms a self-affirmation you named.

You can start a journal, create a new document on your computer, you use the space below to store your evidence:

Evidence that...

