

Loss-Parent Daily Check-in

Date:

Did I leave home today?:

Yes
☐

No
☐

Important notes for today

Today's grief triggers

Today's triggers for joy

Goals for self-care

- ☐
- ☐
- ☐
- ☐
- ☐

Today, how optimistic do I feel about the future?

☐ — ☐ — ☐ — ☐

Not at all

Very

How have I felt today?

☐ — ☐ — ☐ — ☐

Not good

Good

