

Self Check-In Worksheet

For High-Performing Executives and Founders

How to Use This Worksheet

This self check-in is designed as a powerful reflection tool to help you pause, reset, and realign with what matters most—personally and professionally. The questions below are structured around five key pillars of holistic well-being that influence how you show up as a leader, creator, and human being.

Suggested Duration:

Set aside **30 to 60 minutes** of uninterrupted time, ideally in a quiet space where you can think clearly and write freely. This can be done as a single session or spread across a few days.

What You'll Need:

- A printed copy of this worksheet or a journal
- A pen or digital notes app
- A moment of stillness and honesty

Pro Tip:

You don't need to have all the answers immediately. The goal is *awareness*, not perfection. Revisit this worksheet quarterly for maximum benefit.



1. Physical Health

- How does my body feel today? Are there any areas of tension or discomfort I've been ignoring?
- What is my current energy level? Am I feeling full of energy or more tired than usual?
- Have I been making time for movement or exercise?
- Am I getting enough quality sleep and rest?
- Have I been intentional about my food choices and hydration?
- Do I have a physical routine that supports how I want to feel?
- What has made it difficult to stay consistent with my health habits?
- Who or what has negatively affected my physical well-being?
- Who or what has supported and uplifted my physical health?
- What do I need to start doing, stop doing, or adjust to feel physically stronger and more energized?

📍*Consider scheduling a wellness check-up or consulting a fitness or nutrition professional.*

2. Mental Health

- What thoughts have been taking up most of my mental space lately?
- How mentally alert and focused do I feel right now?
- How excited do I feel about starting each day and engaging with my life?
- What is my current self-perception? How do I feel about who I am and the direction of my life?
- Have I been practicing mindfulness and staying aware of my thoughts and emotions?
- What kind of inner dialogue have I been having with myself? Is it kind, critical, motivating or anxious?
- Am I being intentional about the content I consume on social media, in entertainment, and from my environment?
- Am I allowing time for mental rest and creative play?
- What situations or relationships have been draining my mental energy?
- What practices or people have supported my mental clarity and motivation?



📍 *Now may be the right time to reconnect with a therapist, counsellor, or coach to help optimize your mental clarity and decision-making.*

3. Emotional and Spiritual Health

- Am I paying attention to my emotions or pushing them aside?
- Do I feel in touch with my emotional needs and honest about them?
- Am I expressing my true self in my relationships and work life?
- Do I feel grounded and secure in my decisions and present reality?
- Do I feel emotionally safe in my close relationships?
- Is there a sense of meaning or fulfillment in my current season of life?
- Have I created a regular spiritual or emotional practice that nourishes me, such as prayer, journaling, meditation, being in nature or deep reflection?
- What influences have been unsettling or unhelpful for my inner peace?
- What habits, people or environments have helped me feel more spiritually or emotionally aligned?
- What can I do to nourish my inner life and feel more connected to myself and to something greater?

📍 *Consider a short retreat, a guided healing experience, or time with a spiritual coach to re-anchor your center.*

4. Financial Health

- What beliefs do I currently hold about money? Do I feel there is enough or do I feel pressure and scarcity?
- How are those beliefs influencing my financial decisions?
- How do I feel about my money situation right now? Am I proud, concerned, satisfied or uncertain?
- Have I been keeping track of how I'm spending my money?
- Am I investing in things that truly support my growth and goals?
- Am I saving consistently and making room for future investments?
- Where is my money going, and is that in alignment with my priorities?
- What financial habits, relationships or environments have been unhelpful or draining?



- What has been working well financially and how can I build on it?
- What steps can I take now to improve my financial confidence and clarity?

📍 *This may be the right time to connect with a finance mentor or explore resources that elevate your financial strategy.*

5. Relationship Health

- Have I been intentional about nurturing my relationship with the Creator or a higher power?
- Am I making space for solitude, self-reflection and personal care?
- Am I showing up authentically in my relationships and honouring my boundaries?
- Have I been making time for connection with friends, loved ones, collaborators and mentors?
- Am I being present with the people who matter to me?
- Am I willing to listen and grow from the feedback of people who care about me?
- Are my relationships in alignment with my values and vision?
- What people or habits have harmed my self-worth or pulled me away from my purpose?
- What people or experiences have helped me see myself more clearly and show up more fully?
- What changes do I need to make to strengthen the relationships that matter most?

📍 *This may be a good time for an honest conversation or to engage with a relationship coach or therapist.*

Closing Reflection

Taking time to pause and reflect is one of the most powerful acts of self-leadership. This worksheet is not about fixing what's broken, but about realigning with what matters. Use your insights to guide your next decisions and create space for clarity, energy and intention.



Ready to Go Deeper?

If you're ready to move beyond reflection and create real, lasting transformation, now is a great time to connect. Coaching offers the structure, strategy, and support to turn awareness into action and momentum.

I'm currently offering a limited number of **discovery calls** for executives, entrepreneurs and high-performers ready to reset, realign and elevate.
This call is a space to explore where you are, identify the blocks holding you back, and create a clear path forward.

Click here to book your free discovery call and take the first step toward a more focused, grounded and fulfilled version of you.

You haven't missed your moment. The rest of the year is still yours to shape.
Let's move forward together with clarity, confidence, and calm.

