

Weekly Self-Check-In

A private space to notice how the week felt — just for you, not something to hand in.

Week Of: _____

How this week felt, in a few words

Moments comparison or pressure came up, and how I handled it

One thing that went well this week, unrelated to marks

Something I'd like to try differently next week

Is there anyone I'd like to talk to about how I'm feeling?

This check-in is a personal reflection tool, not a diagnostic or clinical assessment. If pressure ever feels like more than you can manage alone, talking to a parent, teacher, school counsellor, or a resource like Manodarpan (Ministry of Education, toll-free helpline) is always a reasonable step.
