HANDOUT:

Trainers work hygiene: self-care test

Step 1:

Daily Check-In

How am I feeling today (physically, emotionally)?

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What do I need to feel grounded and focused?

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What small actions can I take today to support my wellbeing?

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Step 2:

Energy Monitoring

Time	Activity	Energy level (1-5)	Notes

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Step 3:

Post-Session Reflection

What went well in today's session?

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What challenged me and how did I respond?

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What will I do differently next time?

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