



One Second Check-In

Support others with a One Second Check-In.

- Share the chart below with the person you want to check in with.
- Text the number that best fits your day and ask them to share their number back.
- If they need encouragement that day, follow up with them.

Do this on a regular basis, not just when you have a bad day. The goal is to celebrate the good days together and support each other through the bad days.



10 - BEST DAY EVER!



9 - Having a great day.

8 - My day is pretty good.

7 - Most of my day has been good.



6 - Today had some rough parts, but now things seem to be getting better.

5 - Things are okay.

4 - Meh - this day is neither good nor bad.



3 - It's not such a great day.

2 - Things aren't going all that well.



1 - It's a bad day but I am safe.

0 - I AM NOT SAFE, I NEED HELP RIGHT NOW.

YOUR Life YOUR Voice

www.yourlifeyourvoice.org