

STILL BEECOMING 🍵

The 90-Day Check-In Checklist

A gentle, non-clinical way to notice how you're
actually doing — week by week, not all at once.

How to use this

There's no scoring here, and nothing to get "right." Just check what feels true this week.

BODY

☐ I noticed a **physical** change this week (better or harder) and can name what it was.

☐ I rested when I needed to, without guilt.

☐ I moved my body in whatever way is available to me right now.

MIND

☐ I had at least one moment of mental clarity or focus I was proud of.

☐ I let myself feel a hard emotion instead of pushing it down.

☐ I talked to someone — a person, a page, anyone — about how I'm really doing.

CONNECTION

☐ I reached out to someone, even in a small way.

☐ I let someone help me with something this week.

☐ I spent time with someone who makes me feel like **myself**.

IDENTITY

☐ I did one thing that felt like "me," old or new.

☐ I was kind to the person I am right now — not just the person I used to be.

A few notes to yourself

Use this space however you want — a sentence, a word, a list.

WANT MORE SUPPORT?

The **Still Becoming** workbooks go deeper into identity, relationships, and communication after stroke or brain injury — find them at **stillbecoming.online**.

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