

# MY JOURNAL: CHECKLIST



NAME:

DATE:

PRE / ONGOING/ POST:

Please check off any item that represents how you are feeling using the past week as your guide. Add comments if you wish

## Body Regulation & Hormonal Shifts:

- Sensitivity to heat or cold
- Hot Flashes
- Mood or energy shifts during certain times of the month
- Rashes or itchy skin

## Digestion & Elimination:

- Stomach sensitivity or pain
- Digestive discomfort
- Gas, bloating, or upset stomach
- Feelings of nausea
- Trouble with digestion or elimination
- Difficulty starting or controlling urination
- Discomfort when using the toilet

## Eating Patterns & Cravings:

- Eating without feeling hungry
- Cravings that feel hard to control
- Eating past the point of comfort
- Overly controlling food intake
- Changes in appetite or eating habits

## Emotional Well-Being

- Feeling low, flat, or sad
- Overwhelmed or anxious
- Quick to feel angry or reactive
- Emotional ups and downs
- Overthinking
- Repetitive thoughts
- Feeling misunderstood or judged
- Difficulty managing behaviour
- Fear or unease without a clear cause

## Energy & Resilience

- Often tired or run down
- Low Stamina
- Stressful events feel hard to move on from
- Feeling shaky or weak
- Sluggish or restless
- Energy crashes in the afternoon

## Body Sensations & Muscle Tension:

- Feeling stiff or sore
- Muscles feel tense or painful
- Areas of the body are sensitive to touch
- General aches or head discomfort

## Habits

- Using substances like nicotine, alcohol, drugs
- Relying on caffeine to get going
- Habits feel hard to shift
- Coping strategies to feel out of sync with intentions
- Trouble starting "good" habits

## Mental Clarity & Focus

- Difficulty concentrating
- Easily Distracted
- Trouble completing tasks
- Thoughts frequently trail off
- Feeling forgetful or foggy
- Trouble with reading or comprehension
- Difficulty finding words
- Frequent mistakes
- Feeling disorganized or scattered
- Trouble understanding how things fit together
- Mixing up numbers or letters
- Difficulty starting or completing tasks

## Relationships & Connections

- Lack of interest in physical intimacy
- Preoccupied with attraction or relationships
- Struggling to feel connected
- Difficulty being emotionally available
- Difficulty making or keeping friends
- Feeling disconnected from others
- Trouble trusting others
- Struggling to communicate openly
- Feeling easily hurt or rejected

## Appearance & Skin:

- Skin hard to manage
- Hair feels thin or dull
- Nails break, flake, or tear easily
- Rashes or itchy skin

## Speech & Communication

- Trouble getting words out clearly (physically stumbling or slurring)
- Hard to express thoughts clearly or be understood
- Saying things not meant to be said
- Voice feels hoarse or strained
- Interrupting others a lot

## Sensory Sensitivities

- Ringing in your ears
- Ear discomfort or sensitivity
- Changes in smell or taste
- Blurry vision or floaters
- Occasional difficulty hearing
- Changes in vision
- Sensitivity to certain textures
- Nose often blocked or irritated
- Frequent sneezing or itchy nose

## Sleep & Rest

- Trouble falling asleep or staying asleep
- Waking earlier than intended
- Difficulty waking up in the morning
- Vivid or unsettling dreams
- Restless sleep
- Sleepwalking, talking or nighttime confusion
- Urinating during sleep

## Work School and Daily Functioning

- Difficulty holding a job or staying employed
- Trouble keeping up with responsibilities
- Challenges with time management or deadlines
- Struggling to stay organized at work or school
- Difficulty maintaining focus throughout the day
- Feeling overwhelmed by everyday tasks
- Difficulty completing homework or assignments

## Heart, Breath & Balance

- Feeling breathless or short of air
- Heart feels fast, jumpy, or irregular
- Head often hurts
- Feeling lightheaded or dizzy
- Fear of fainting or passing out
- Trouble maintaining balance

**Note:** Any concerns mentioned are intended as examples only and not meant to suggest that Neurofeedback Brain Training treats, mitigates, cures, or diagnoses any listed concern. Instead, Identified concerns and medication use are one of many ways to measure shifts in brain functioning and perception.