

A Good Enough Day, For Now

Set the bar somewhere you can actually reach it today.

WHEN TO USE THIS

Use this when what a day is supposed to hold is out of reach right now.

What does a good enough day look like right now? Be honest and keep it small.

Tick the three that matter most today.

- ☐ Eating something
- ☐ Being around one person
- ☐ Getting some air
- ☐ Taking my medicine
- ☐ Sleeping when I can
- ☐ Getting through the afternoon
- ☐ Not being on my own tonight

Four things you are letting go of until another day.

1.

2.

3.

4.

988 is the Suicide and Crisis Lifeline. Call or text it now if you are not safe. You do not have to get through this on your own.

How much of that feels within reach today?

0	1	2	3	4	5	6	7	8	9	10
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None of it

All of it

The bar moves around. Meeting today's counts, even when today's is low.