



The Meh Report: One of Those ‘Fine’ Days

Not great. Not terrible. Just...fine. Still worth checking what kept it steady, and what felt off beneath the surface.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I feel present today, or was I coasting on autopilot? Yes No

2. Was I holding back in any way—emotionally, socially, or physically? Yes No

3. Did anything feel *almost* good—but not quite? What was missing? _____

4. Did I say “I’m fine” but mean “I’m tired/bored/stuck”? Yes No Explain

5. What did I avoid doing or feeling today? _____

6. Was I low on energy, or just low on interest? Yes No Explain

7. What (or who) gave me a boost, even if I didn’t show it? _____

8. Is there a pattern to these average-feeling days? Yes No _____

9. What would’ve made today feel a little more alive or intentional? _____

10. If this kind of day repeats often, what message is it sending? _____
