



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you. Plans to give you Hope and a Future." Jeremiah 29:11

MY PERSONAL SELF—DAILY CHECKLIST

I will be honest with myself in this assessment. When I note signs of mania or depression, I will let my support system know and will take the necessary corrective action.

Month and Year _____

| Early Warning Signs of Depression | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Excessive appetite | | | | | | | |
| Lethargy | | | | | | | |
| Extreme fatigue | | | | | | | |
| Difficulty exercising/Not exercising | | | | | | | |
| Unwillingness to ask for things | | | | | | | |
| Down on self/negative self-talk | | | | | | | |
| Down on future/hopelessness | | | | | | | |
| Low self-confidence/low self-esteem | | | | | | | |
| Procrastination/not doing daily chores | | | | | | | |
| Avoid crowds/church/people | | | | | | | |
| Irritable, impatient, frustrated | | | | | | | |
| Negative attitude, bitter, critical | | | | | | | |
| Insecurity | | | | | | | |
| Hard time getting up | | | | | | | |
| Sleep problems of any kind | | | | | | | |
| Poor judgment/impulsive | | | | | | | |
| Obsessive thoughts | | | | | | | |
| Repetitive words/actions | | | | | | | |
| Unable to concentrate | | | | | | | |
| Misperceptions/misunderstandings | | | | | | | |
| Destructive risk-taking | | | | | | | |
| Suicidal thoughts/wish you were dead | | | | | | | |
| Paranoia/panic/high fear | | | | | | | |
| Unable to experience pleasure | | | | | | | |
| Apathetic to spiritual growth | | | | | | | |
| Feel disconnected from God | | | | | | | |
| Not eating/skipping meals | | | | | | | |
| Relationship hurts/unforgiveness | | | | | | | |