



The HALT Checklist

A MINDFUL APPROACH TO EMOTIONAL SELF-AWARENESS



Name: _____

Date: _____

Quick Check-In

Before reacting, take a moment to pause and ask:

Am I Hungry, Angry, Lonely, or Tired?

H - Hungry

- I haven't eaten in a while
- I feel low energy or irritable
- I might need food or water

What do I need right now?

A - Angry

- I feel frustrated or irritated
- Something is bothering me
- I feel tense or reactive

What's causing this feeling?

L - Lonely

- I feel disconnected from others
- I need support or connection
- I feel isolated

Who can I reach out to?

T - Tired

- I feel exhausted or drained
- I didn't get enough rest
- I need a break

How can I rest or recharge?

What Do I Need Right Now?

Based on my check-in, one small thing I can do:

Reflection

What did I notice about myself during this check-in?

"Pause before reacting. My needs matter."