

Quality of Life Reflections

A check-in tool for both pets and caregivers

For Your Pet:

-  Is my pet eating well (*or being gently supported if not*)?
-  Are they able to rest comfortably and sleep undisturbed?
-  Can they move around with minimal pain or frustration?
-  Do they respond to my voice, touch, or presence?
-  Do they still have moments of curiosity or joy?
-  Can they eliminate with dignity and support?
-  Do their good days still outnumber the hard ones?

For You:

-  Can I meet their needs without constant urgency or panic?
-  Am I getting enough rest to function?
-  Do I have anyone I can lean on or check in with?
-  Have I asked for help when I needed it?
-  Am I still able to notice joy in small moments?
-  Do I trust my intuition, even if others don't understand my decisions?
-  Do I know I'm doing enough — even when it doesn't feel like it?

This isn't a pass/fail checklist. It's a reflection tool. Some days will be harder than others. Keep checking in, adjusting gently, and leading with love.