

# DAILY CHECK IN LOG

DATE \_\_\_\_\_

TODAY I'M GREATFUL FOR

○

○

○

TODAY'S AFFIRMATION

WHAT WAS THE BEST THING  
ABOUT TODAY?

THINGS I DID TODAY

○

○

○

○

TODAY I FELT



PEOPLE I MET TODAY

WHAT I WANT TO REMEMBER  
ABOUT TODAY

MY RANKING OF TODAY

