

# Daily check in

DATE \_\_\_\_\_

TODAY I'M GREATFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WHAT WAS THE BEST THING ABOUT TODAY?

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TODAY'S AFFIRMATION

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THINGS I DID TODAY

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- \_\_\_\_\_
- \_\_\_\_\_

TODAY I FELT



PEOPLE I MET TODAY

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WHAT I WANT TO REMEMBER ABOUT TODAY

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MY RANKING OF TODAY

