

My Daily Check in



DATE _____

THREE THINGS I AM GRATEFUL FOR

○ _____

○ _____

○ _____

ONE THING I DID TODAY JUST FOR MYSELF IS?

OVERALL TODAY I FELT



WHAT IS ONE THING I CAN LET GO OF TODAY THAT HAS ANNOYED ME?

EXERCISE:

Close your eyes, take a few deep breaths and picture your ideal future just for a few minutes.



ONE THING I LIKE ABOUT ME IS?

HAPPINESS RATING TODAY

