

DAILY Check-In

DATE: _____

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S M T W T F S

TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"IN MINDFULNESS,
ACCEPTANCE ALWAYS COMES
FIRST, CHANGE COMES
AFTER."*

— SHAMASH ALIDINA

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

NOTES/REMINDERS:

GOALS FOR TOMORROW:

1. _____
2. _____
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5. _____

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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"A MINDFUL WRITING
PRACTICE CAN BRIGHTEN
YOUR QUALITY OF
AWARENESS."*

— CAREN OSTEN GERSZBERG

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

*"THE SMALLEST DEED IS
BETTER THAN THE GREATEST
INTENTION."*

— JOHN BURROUGHS

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"ONE OF THE KINDEST THINGS
YOU CAN DO FOR YOURSELF IS
TO ACCEPT YOURSELF JUST
THE WAY YOU ARE."*

— MARK COLEMAN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"HEALING IS ABOUT
EMPOWERMENT, AND
EVERYTHING WE NEED IS
WITHIN US."*

— TOVI SCRUGGS-HUSSEIN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

QUOTE OF THE DAY:

*"THE PRESENT MOMENT IS
WHERE TOGETHERNESS, PLAY,
AND FUN LIVE. BY
CULTIVATING PRESENCE, WE
BECOME MORE CONSCIOUS OF
ALL THE GOODNESS IN OUR
LIVES."*

— JASON GRANT

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"SIMPLY BEING ALIVE IS A
GREAT STARTING PLACE FOR
FEELING GRATITUDE."*

— ELAINE SMOOKLER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"GRATITUDE IS THE PRACTICE
OF LIVING OUR PRECIOUS
MOMENTS FULLY."*

— MELLI O'BRIEN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

*"THE ONLY WAY TO LIVE IS BY
ACCEPTING EACH MINUTE AS
AN UNREPEATABLE MIRACLE."*

— TARA BRACH

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
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QUOTE OF THE DAY:

*"YOU CAN MANAGE YOUR
MIND IN THREE PRIMARY
WAYS: LET BE, LET GO, LET
IN."*

— RICK HANSON

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

*"ATTENTION IS RICH AND
LUXURIOUS, A PORTAL TO
FREEDOM."*

— BARRY BOYCE

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

QUOTE OF THE DAY:

*"REMEMBER THERE'S NO
PLACE ELSE YOU NEED TO BE
RIGHT NOW, NO PROBLEMS TO
SOLVE. JUST THIS BREATH,
JUST THIS MOMENT."*

— CORY MUSCARA

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"IF YOU JUDGE PEOPLE, YOU
HAVE NO TIME TO LOVE
THEM."*

— MOTHER TERESA

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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NOTES/REMINDERS:

GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"TAKE A MOMENT TO REFLECT
ON THE PEOPLE, PLACES, OR
SITUATIONS THAT BRING YOU
JOY."*

— JESSICA MOREY

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

QUOTE OF THE DAY:

*"GRATITUDE HELPS YOU SEE
THE BIGGER PICTURE AND
BECOME MORE RESILIENT."*

— MISTY PRATT

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

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GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"MINDFULNESS CAN HELP US
UNFRIZZ OUR FRAZZLED
NERVOUS SYSTEMS."*

— ELAINE SMOOKLER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

NOTES/REMINDERS:

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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

QUOTE OF THE DAY:

*"THE LITTLE THINGS? THE
LITTLE MOMENTS? THEY
AREN'T LITTLE."*

— JON KABAT-ZINN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"MEDITATION GIVES US
PERMISSION TO FEEL EXACTLY
WHAT WE FEEL, EVEN WHEN
WE ARE NOT AS OKAY AS WE
WOULD LIKE TO BE."*

— MARK BERTIN

TODAY'S MOOD:



REFLECTION OF THE DAY:

NOTES/REMINDERS:

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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"THE GOAL IS TO DEVELOP
SPIRITUAL STAMINA, SO WHEN
A PROBLEM OCCURS, I DON'T
REACT OUT OF EMOTIONS,
BUT OUT OF WISDOM."*

— ENLIGHTENED
CONSCIOUSNESS

TODAY'S MOOD:



REFLECTION OF THE DAY:

NOTES/REMINDERS:

GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

QUOTE OF THE DAY:

*"IT'S EASY TO JUDGE. IT'S MORE
DIFFICULT TO UNDERSTAND.
UNDERSTANDING REQUIRES
COMPASSION, PATIENCE, AND A
WILLINGNESS TO BELIEVE THAT
GOOD HEARTS SOMETIMES
CHOOSE POOR METHODS.
THROUGH JUDGING, WE
SEPARATE. THROUGH
UNDERSTANDING, WE GROW."*

— BRIANNA WIRST

REFLECTION OF THE DAY:

NOTES/REMINDERS:

GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

*"TOO OFTEN WE
UNDERESTIMATE THE POWER
OF A TOUCH, A SMILE, A KIND
WORD, A LISTENING EAR, AN
HONEST COMPLIMENT, OR THE
SMALLEST ACT OF CARING, ALL
OF WHICH HAVE THE
POTENTIAL TO TURN A LIFE
AROUND."*

— LEO F. BUSCAGLIA

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"STARTING WITH LESS, YOU
MAY SEE SLOWER PROGRESS,
BUT IT CAN'T STOP YOU FROM
ACHIEVING SUCCESS."*

— BHAWNA GAUTAM

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"WHATEVER YOU DO, DON'T
GET STUCK ON THE ONE
THING THAT RUINS YOUR DAY.
LIFE IS TOO SHORT TO WASTE
ON NEGATIVITY."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

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S M T W T F S

TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"HAPPINESS CANNOT BE
TRAVELED TO, OWNED,
EARNED, WORN, OR
CONSUMED. HAPPINESS IS THE
SPIRITUAL EXPERIENCE OF
LIVING EVERY MOMENT WITH
LOVE, GRACE, AND
GRATITUDE."*

— DAILY DOSE OF HAPPY

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

*"POSITIVE THINKING IS NOT
PRETENDING THAT
EVERYTHING IS GOOD, BUT
SEEING THE GOOD IN
EVERYTHING."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"FIRST IS AN INTENTION.
THEN A BEHAVIOR. THEN A
HABIT. THEN A PRACTICE. THEN
A SECOND NATURE. THEN IT IS
SIMPLY WHO YOU ARE."*

— BRENDON BURCHARD

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"OPINION IS REALLY THE
LOWEST FORM OF HUMAN
KNOWLEDGE. IT REQUIRES NO
ACCOUNTABILITY, NO
UNDERSTANDING. THE
HIGHEST FORM OF
KNOWLEDGE IS EMPATHY, FOR
IT REQUIRES US TO SUSPEND
OUR EGOS AND LIVE IN
ANOTHER'S WORLD."*

— BILL BULLARD

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"SOMETIMES YOU JUST NEED
TO TALK ABOUT SOMETHING,
NOT TO GET SYMPATHY OR
HELP, BUT JUST TO KILL ITS
POWER BY ALLOWING THE
TRUTH OF THINGS TO HIT THE
AIR."*

— KAREN SALMANSOHN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"SOME PEOPLE COULD BE GIVEN AN ENTIRE FIELD OF ROSES AND ONLY SEE THE THORNS IN IT. OTHERS COULD BE GIVEN A SINGLE WEED AND ONLY SEE THE WILDFLOWER IN IT. PERCEPTION IS A KEY COMPONENT TO GRATITUDE. AND GRATITUDE IS A KEY COMPONENT TO JOY."

— AMY WENTHERLY

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

*"THE SMILE ON MY FACE
DOESN'T MEAN MY LIFE IS
PERFECT. IT MEANS THAT
DESPITE MY CHALLENGES, I
CHOOSE TO FOCUS ON MY
BLESSINGS."*

— UNKNOWN

TODAY'S MOOD:



REFLECTION OF THE DAY:

NOTES/REMINDERS:

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