

DAILY  
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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"WHEN WE TEACH OUR CHILDREN TO SEE THEIR LIVES THROUGH GRATITUDE, WE ARE GIVING THEM THE TOOLS TO FIND PEACE, JOY, AND EMOTIONAL CONNECTION."*

— JENNY WEBB

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



HAPPY



EXCITED

**REFLECTION OF THE DAY:**

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**NOTES/REMINDERS:**

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**GOALS FOR TOMORROW:**

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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"WHEREVER YOU ARE IT IS  
YOUR FRIENDS WHO MAKE THE  
WORLD."*

— WILLIAM JAMES

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

*"YOU CAN'T WRAP LOVE IN A BOX, BUT YOU CAN WRAP A PERSON IN A HUG."*

— UNKNOWN

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"THEY INVENTED HUGS TO LET  
PEOPLE KNOW YOU LOVE  
THEM WITHOUT SAYING  
ANYTHING."*

— BIL KEANE

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"WE HAVE NO SPECIAL NEEDS CHILDREN, JUST CHILDREN WITH SPECIAL NEEDS."*

— UWE MAURER

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"FRIENDSHIP IS BORN AT THE  
MOMENT WHEN ONE PERSON  
SAYS TO ANOTHER: WHAT?  
YOU TOO! I THOUGHT I WAS  
THE ONLY ONE."*

— C.S. LEWIS

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"DON'T LOOK DOWN ON ANYONE ELSE, UNLESS YOU ARE HELPING THEM UP."*

— JESSE JACKSON

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"CHILDREN WHO GROW UP  
FEELING LOVED DEEPLY,  
BECOME ADULTS WHO ARE  
PREWIRED TO LOVE DEEPLY."*

— KAREN SALMANSOHN

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"WE CAN'T PRACTICE  
COMPASSION WITH OTHER  
PEOPLE IF WE CAN'T TREAT  
OURSELVES KINDLY."*

— BRENE BROWN

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"THE BEAUTIFUL JOURNEY OF  
TODAY CAN ONLY BEGIN WHEN  
WE LEARN TO LET GO OF  
YESTERDAY."*

— STEVE MARABOLI

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"JUST LIVING IS NOT ENOUGH"  
SAID THE BUTTERFLY. "ONE  
MUST HAVE SUNSHINE,  
FREEDOM AND A LITTLE  
FLOWER."*

— HANS CHRISTIAN  
ANDERSEN

**TODAY'S MOOD:**



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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"THE BEST PART OF MY LIFE IS  
WHEN I REALIZED I AM  
RESPONSIBLE FOR ALL THE  
CHOICES I MADE. TOMORROW  
WE GET TO CHOOSE AGAIN."*

— CARMEL JOY BAIRD

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"LIFE IS LIKE A BUTTERFLY,  
YOU CAN CHASE IT, OR YOU  
CAN LET IT COME TO YOU."*

— RETI BROWN

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"WHEN SOME THINGS GO  
WRONG, TAKE A MOMENT TO  
BE THANKFUL FOR THE MANY  
THINGS THAT ARE STILL  
GOING RIGHT."*

— UNKNOWN

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"WHEN IN DOUBT, CHOOSE CHANGE."*

— LILY LEUNG

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"THE LONGER YOU LIVE, THE MORE YOU FAIL. FAILURE IS THE MARK OF A LIFE WELL LIVED."*

— BRANDON SANDERSON

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"STAYING THE SAME IS GOING  
BACKWARD IN THIS WORLD,  
AND YOU DON'T HAVE A DAY  
TO STAY THE SAME."*

— CHRISTEN PRESS

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"THE SINGLE UNIQUENESS OF  
THE GREATEST LEADERS AND  
ORGANIZATIONS OF ALL TIME  
IS TRUST."*

— DAVID HORSAGER

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"DON'T JUST DREAM; DO.  
LEARN HOW TO DO THE  
THINGS YOU WANT TO DO. BE  
AROUND PEOPLE THAT KNOW  
HOW TO DO IT."*

— CHIRS STAPLETON

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"BE CURIOUS, NOT COOL.  
INSECURITY MAKES LIARS OF  
US ALL."*

— KEN BURNS

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"JUDGMENT AND SHAME IS A LONELY PLACE, BUT COMPASSION AND GRACE IS WHERE WE CAN ALL MEET."*

— STEVEN YEUN

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"ACKNOWLEDGING THE GOOD  
THAT YOU ALREADY HAVE IN  
YOUR LIFE IS THE  
FOUNDATION OF ALL  
ABUNDANCE."*

— ECKHART TOLLE

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TRUST IS BUILT ON TELLING  
THE TRUTH, NOT TELLING  
PEOPLE WHAT THEY WANT TO  
HEAR."*

— SIMON SINEK

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TRUST IS THE EASIEST THING  
IN THE WORLD TO LOSE, AND  
THE HARDEST THING IN THE  
WORLD TO GET BACK."*

— R. M. WILLIAMS

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TRUST, HONESTY, HUMILITY, TRANSPARENCY, AND ACCOUNTABILITY ARE THE BUILDING BLOCKS OF A POSITIVE REPUTATION. TRUST IS THE FOUNDATION OF ANY RELATIONSHIP."*

— MIKE PAUL

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TRUST IS THE GLUE OF LIFE.  
IT'S THE MOST ESSENTIAL  
INGREDIENT IN EFFECTIVE  
COMMUNICATION. IT'S THE  
FOUNDATIONAL PRINCIPLE  
THAT HOLDS ALL  
RELATIONSHIPS."*

— STEPHEN COVEY

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**QUOTE OF THE DAY:**

*"A LACK OF TRUST IS YOUR  
BIGGEST EXPENSE."*

— DAVID HORSAGER

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**QUOTE OF THE DAY:**

*"TRUST OPENS UP NEW AND UNIMAGINED POSSIBILITIES."*

— ROBERT C. SOLOMON

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"COMING TOGETHER IS A  
BEGINNING. KEEPING  
TOGETHER IS PROGRESS.  
WORKING TOGETHER IS  
SUCCESS."*

— HENRY FORD

**TODAY'S MOOD:**



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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:**

*"NO ONE CAN WHISTLE A SYMPHONY. IT TAKES AN ORCHESTRA TO PLAY IT."*

— HALFORD E. LUCCOCK

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



HAPPY



EXCITED

**REFLECTION OF THE DAY:**

\_\_\_\_\_

**NOTES/REMINDERS:**

\_\_\_\_\_

**GOALS FOR TOMORROW:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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:**

*"A TEAM IS NOT A GROUP OF PEOPLE THAT WORK TOGETHER. A TEAM IS A GROUP OF PEOPLE THAT TRUST EACH OTHER."*

— SIMON SINEK

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



HAPPY



EXCITED

**REFLECTION OF THE DAY:**

\_\_\_\_\_

**NOTES/REMINDERS:**

\_\_\_\_\_

**GOALS FOR TOMORROW:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_