

# DAILY Check-In

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## TODAY I AM GRATEFUL FOR:

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## QUOTE OF THE DAY:

*"ONE MAN WITH COURAGE  
MAKES A MAJORITY."*

— ANDREW JACKSON

## TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

## REFLECTION OF THE DAY:

## NOTES/REMINDERS:

## GOALS FOR TOMORROW:

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**QUOTE OF THE DAY:**

*"KNOW THE RULES WELL, SO  
YOU CAN BREAK THEM  
EFFECTIVELY."*

— DALAI LAMA

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"REMEMBER THAT HAPPINESS  
IS A WAY OF TRAVEL, NOT A  
DESTINATION."*

— ROY M. GOODMAN

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"YESTERDAY IS HISTORY,  
TOMORROW IS A MYSTERY,  
TODAY IS A GIFT, WHICH IS  
WHY WE CALL IT THE  
PRESENT."*

— BILL KEANE

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"SUCCESS IS GOING FROM  
FAILURE TO FAILURE WITHOUT  
LOSING YOUR ENTHUSIASM."*

— WINSTON CHURCHILL

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"NEVER UNDERESTIMATE THE  
POWER OF DREAMS AND THE  
INFLUENCE OF THE HUMAN  
SPIRIT. WE ARE ALL THE SAME  
IN THIS NOTION: THE  
POTENTIAL FOR GREATNESS  
LIVES WITHIN EACH OF US."*

— WILMA RUDOLPH

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## QUOTE OF THE DAY:

*"PEOPLE DO NOT DECIDE TO  
BECOME EXTRAORDINARY.  
THEY DECIDE TO ACCOMPLISH  
EXTRAORDINARY THINGS."*

— EDMUND HILLARY

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## QUOTE OF THE DAY:

*"A LIFE SPENT MAKING  
MISTAKES IS NOT ONLY MORE  
HONORABLE BUT MORE  
USEFUL THAN A LIFE SPENT  
DOING NOTHING."*

— GEORGE BERNHARD SHAW

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**QUOTE OF THE DAY:**

*"HE WHO FEARS HE WILL  
SUFFER ALREADY SUFFERS  
BECAUSE HE FEARS."*

— MICHAEL DE MONTAIGNE

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## QUOTE OF THE DAY:

*"LUCK IS WHAT HAPPENS  
WHEN PREPARATION MEETS  
OPPORTUNITY."*

— SENECA

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**QUOTE OF THE DAY:**

*"MOST PEOPLE DO NOT LISTEN  
WITH THE INTENT TO  
UNDERSTAND; THEY LISTEN  
WITH THE INTENT TO REPLY."*

— STEPHEN COVEY

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## QUOTE OF THE DAY:

*"IF YOU DON'T LIKE  
SOMETHING, CHANGE IT. IF  
YOU CAN'T CHANGE IT,  
CHANGE THE WAY YOU THINK  
ABOUT IT."*

— MARY ENGELBREIT

## TODAY'S MOOD:



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## QUOTE OF THE DAY:

*"YOU DON'T NEED LUCK. YOU  
ARE POWERFUL, CLEVER, AND  
FEARLESS."*

— SHANNON HALE

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"IN SEEKING HAPPINESS FOR  
OTHERS, YOU WILL FIND IT IN  
YOURSELF."*

— UNKNOWN

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"WHEN I DARE TO BE  
POWERFUL, TO USE MY  
STRENGTH IN THE SERVICE OF  
MY VISION, THEN IT BECOMES  
LESS AND LESS IMPORTANT  
WHETHER I AM AFRAID."*

— AUDRE LORDE

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## QUOTE OF THE DAY:

*"THE MOST POWERFUL  
CREATIVE STATE TO BRING  
YOUR DESIRES INTO REALITY  
IS BY BRINGING THE  
CONSCIOUS AND  
SUBCONSCIOUS INTO UNISON  
THEN KEEPING YOUR HEART  
AND MIND IN PERFECT SYNC."*

— STEVEN REDHEAD

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## QUOTE OF THE DAY:

*"LUCK IS TENACITY OF  
PURPOSE."*

— ELBERT HUBBARD

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**QUOTE OF THE DAY:**

*"MANY PEOPLE ARE TRYING  
HARD TO BE INVINCIBLE, AND  
MOST OF THE TIME THEY FAIL  
INVISIBLE, WHILE FEW FIND  
THEIR SPOTLIGHT. BUT THE  
REMARKABLE PERSON IS ONE,  
WHO CAN BE BOTH  
INVINCIBLE AND INVISIBLE AT  
THE SAME TIME."*

— ANTHONY LICCIONE

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**QUOTE OF THE DAY:**

*"I LOST ALL I HAD KNOWN  
AND GAINED A LIFE I WAS YET  
TO KNOW."*

— NIKKI ROWE

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"LUCK ALWAYS SEEMS TO BE  
AGAINST THE MAN WHO  
DEPENDS ON IT."*

— ANONYMOUS

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**QUOTE OF THE DAY:**

*"SOME PEOPLE GET WHAT  
THEY WANT BECAUSE THEY  
GRAB THE POWER AND SWING  
IT, AND SOME PEOPLE DON'T."*

— DAN GROAT

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"LIFE IS REALLY SIMPLE, BUT  
WE INSIST ON MAKING IT  
COMPLICATED."*

— CONFUCIUS

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**QUOTE OF THE DAY:**

*"I'M A BELIEVER IN LUCK, AND  
I FIND THE HARDER I WORK,  
THE MORE I HAVE OF IT."*

— THOMAS JEFFERSON

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"I THINK A HERO IS ANY  
PERSON REALLY INTENT ON  
MAKING THIS A BETTER PLACE  
FOR ALL PEOPLE."*

— MAYA ANGELOU

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**QUOTE OF THE DAY:**

*"IF YOU WANT TO BE HAPPY,  
YOU HAVE TO BE HAPPY ON  
PURPOSE. WHEN YOU WAKE  
UP, YOU CAN'T JUST WAIT TO  
SEE WHAT KIND OF DAY  
YOU'LL HAVE. YOU HAVE TO  
DECIDE WHAT KIND OF DAY  
YOU'LL HAVE."*

— JOEL OSTEEN

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**QUOTE OF THE DAY:**

*"THE LESS WE LOOK WITH OUR  
EYES, THE MORE WE WILL SEE  
WITH OUR HEARTS."*

— LYNDSEY ALBRECHT

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**QUOTE OF THE DAY:**

*"EVERYTHING WE SEE  
DEPENDS ON HOW WE LOOK  
AT IT."*

— KATRINA MAYER

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## QUOTE OF THE DAY:

*"SOMETIMES THE HEART SEES  
WHAT IS INVISIBLE TO THE  
EYE."*

— ELEANOR ROOSEVELT

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## QUOTE OF THE DAY:

*"THE LOVE YOU FEEL IN LIFE  
IS A REFLECTION OF THE LOVE  
YOU FEEL IN YOURSELF."*

— DEEPAK CHOPRA

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## QUOTE OF THE DAY:

*"LOVE IS NOT ONLY  
SOMETHING YOU FEEL, IT IS  
SOMETHING YOU DO."*

— DAVID WILKERSON

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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:**

*"WE MAY NOT ALWAYS SEE EYE  
TO EYE, BUT WE CAN TRY TO  
SEE HEART TO HEART."*

— SAM LEVENSON

**TODAY'S MOOD:**



**REFLECTION OF THE DAY:**

\_\_\_\_\_

**NOTES/REMINDERS:**

\_\_\_\_\_

**GOALS FOR TOMORROW:**

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