

DAILY Check-In

DATE: _____

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S M T W T F S

TODAY I AM GRATEFUL FOR:

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

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

QUOTE OF THE DAY:

"MY MOTHER ONCE SAID: HATE HAS 4 LETTERS, BUT SO DOES LOVE. ENEMIES HAS 7 LETTERS, BUT SO DOES FRIENDS. LYING HAS 5 LETTERS, BUT SO DOES TRUTH. CRY HAS 3 LETTERS, BUT SO DOES JOY. NEGATIVITY HAS 10 LETTERS, BUT SO DOES POSITIVITY. LIFE IS 2 SIDED, CHOOSE THE BETTER SIDE OF IT."

— UNKNOWN

REFLECTION OF THE DAY:

NOTES/REMINDERS:

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QUOTE OF THE DAY:

*"TEACHING AND LEARNING
SHOULD BRING GREAT JOY."*

— RITA PIERSON

TODAY'S MOOD:



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QUOTE OF THE DAY:

*"IT'S NOT ABOUT WHO YOU
IMPRESS, IT'S ABOUT WHO
YOU IMPACT."*

— ANONYMOUS

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IF IT STILL MAKES YOU CRY,
IT STILL MATTERS."*

— PARTH

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"TO THE WORLD YOU MAY BE
ONE PERSON, BUT TO ONE
PERSON, YOU MAY BE THE
WORLD."*

— DR. SEUSS

TODAY'S MOOD:



ANGRY



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SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"DON'T COMPARE YOURSELF
WITH OTHER PEOPLE;
COMPARE YOURSELF WITH
WHO YOU WERE YESTERDAY."*

— JORDAN PETERSON

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"I'M NOT INSANE; I'M
MENTALLY HILARIOUS."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"ONE MUST LEARN TO CARE
FOR ONESELF FIRST, SO THAT
ONE CAN THEN DARE TO CARE
FOR SOMEONE ELSE."*

— MAYA ANGELOU

TODAY'S MOOD:



ANGRY



TIRED



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HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KEEP SOME ROOM IN YOUR
HEART FOR THE
UNIMAGINABLE."*

— MARY OLIVER

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IF IT DOESN'T MAKE YOU
FEEL FABULOUS, DON'T DO IT,
DON'T BUY IT, DON'T WEAR IT,
DON'T EAT IT, AND DON'T
KEEP IT."*

— UNKNOWN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"YOU ARE HERE TO CREATE
YOUR VERY OWN FAIRYTALE."*

— ABRAHAM HICKS

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IF OUR CHILDREN ARE TO
APPROVE OF THEMSELVES,
THEY MUST SEE THAT WE
APPROVE OF OURSELVES."*

— MAYA ANGELOU

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"OFTEN WHEN YOU THINK
YOU'RE AT THE END OF
SOMETHING, YOU'RE AT THE
BEGINNING OF SOMETHING
ELSE."*

— FRED ROGERS

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"ALL I KNOW IS THAT MY LIFE
IS BETTER WHEN I ASSUME
THAT PEOPLE ARE DOING
THEIR BEST. IT KEEPS ME OUT
OF JUDGMENT AND LETS ME
FOCUS ON WHAT IS, AND NOT
WHAT SHOULD OR COULD BE."*

— BRENE BROWN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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QUOTE OF THE DAY:

*"BE A KIND VOICE IN THIS
BROKEN-HEARTED WORLD.
GIVE GRACE, AND BE READY
TO RECEIVE IT. LISTEN SO
WELL THAT THE PERSON
YOU'RE WITH CAN REST IN
YOUR LOVING ATTENTION FOR
A MOMENT. BE A LIGHT. BE A
LIGHT. BE A LIGHT."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"TO PAY ATTENTION, THIS IS
OUR ENDLESS AND PROPER
WORK."*

— MARY OLIVER

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"TAKING CARE OF YOURSELF IS
THE MOST POWERFUL WAY TO
BEGIN TO TAKE CARE OF
OTHERS."*

— BRYANT MCGILL

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IT'S NOT SO MUCH WHAT WE
HAVE IN THIS LIFE THAT
MATTERS. IT'S WHAT WE DO
WITH WHAT WE HAVE."*

— FRED ROGERS

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KINDNESS HAS A BEAUTIFUL
WAY OF REACHING DOWN
INTO A WEARY HEART AND
MAKING IT SHINE LIKE THE
RISING SUN."*

— UNKNOWN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

1. _____
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QUOTE OF THE DAY:

*"BE MINDFUL. BE GRATEFUL.
BE POSITIVE. BE TRUE. BE
KIND."*

— ROY T. BENNETT

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"DO THINGS FOR PEOPLE, NOT
BECAUSE OF WHO THEY ARE
OR WHAT THEY DO IN RETURN,
BUT BECAUSE OF WHO YOU
ARE."*

— HAROLD S. KUSHNER

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"BE KIND WHENEVER
POSSIBLE. IT IS ALWAYS
POSSIBLE."*

— THE 14TH DALAI LAMA

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KINDNESS CAN BECOME ITS
OWN MOTIVE. WE ARE MADE
KIND BY BEING KIND."*

— ERIC HOFFER

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KINDNESS IS THE LIGHT THAT
DISSOLVES ALL WALLS
BETWEEN SOULS, FAMILIES,
AND NATIONS."*

— PARAMAHANSA
YOGANANDA

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"A HUG IS ALWAYS THE RIGHT
SIZE."*

— WINNIE THE POOH

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"NO ACT OF KINDNESS, NO
MATTER HOW SMALL, IS EVER
WASTED."*

— AESOP

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"A WARM SMILE IS THE
UNIVERSAL LANGUAGE OF
KINDNESS."*

— WILLIAM WARD

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IF YOU SEE SOMEONE
WITHOUT A SMILE, GIVE THEM
YOURS."*

— DOLLY PARTON

TODAY'S MOOD:



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