

DAILY
Check-In

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TODAY I AM GRATEFUL FOR:

1. _____
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4. _____

QUOTE OF THE DAY:

"AND I KNEW EXACTLY WHAT TO DO. BUT IN A MUCH MORE REAL SENSE, I HAD NO IDEA WHAT TO DO."

— MICHAEL SCOTT
(THE OFFICE)

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

NOTES/REMINDERS:

GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"I'M STILL LEARNING."

— MICHELANGELO

TODAY'S MOOD:



ANGRY



TIRED



SAD



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QUOTE OF THE DAY:

*"SELF-CARE STARTS WITH
SELF-TALK."*

— CARRIE GOTTSCHALK

TODAY'S MOOD:



ANGRY



TIRED



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QUOTE OF THE DAY:

"WHEN I WAS A BOY AND SAW SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY, 'LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING.'"

— FRED ROGERS

TODAY'S MOOD:



ANGRY



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QUOTE OF THE DAY:

*"SOCIETY TEACHES US THAT
HAVING FEELINGS AND
CRYING IS BAD AND WRONG.
WELL, THAT'S BALONEY,
BECAUSE GRIEF ISN'T WRONG.
THERE'S SUCH A THING AS
GOOD GRIEF. JUST ASK
CHARLIE BROWN."*

— MICHAEL SCOTT
(THE OFFICE)

TODAY'S MOOD:



ANGRY



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QUOTE OF THE DAY:

*"IF WE HAVE THE ATTITUDE
THAT IT'S GOING TO BE A
GREAT DAY IT USUALLY IS."*

— CATHERINE PULSIFIER

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KEEP YOUR FACE ALWAYS
TOWARD THE SUNSHINE, AND
SHADOWS WILL FALL BEHIND
YOU."*

— WALT WHITMAN

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"TRY TO BE A RAINBOW IN
SOMEONE'S CLOUD."*

— MAYA ANGELOU

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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4. _____

QUOTE OF THE DAY:

*"NOTHING IS IMPOSSIBLE, THE
WORD ITSELF SAYS 'I'M
POSSIBLE."*

— AUDREY HEPBURN

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"CHOOSE TO BE OPTIMISTIC,
IT FEELS BETTER."*

— DALI LAMA

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"WHEN WE CAN TALK ABOUT
OUR FEELINGS, THEY BECOME
LESS OVERWHELMING, LESS
UPSETTING AND LESS SCARY."*

— FRED ROGERS

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"YOU CAN, YOU SHOULD, AND
IF YOU'RE BRAVE ENOUGH TO
START, YOU WILL."*

— STEPHEN KING

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"ALL GROWN-UPS WERE ONCE CHILDREN... BUT ONLY FEW OF THEM REMEMBER IT."

— ANTOINE DE SAINT-EXUPÉRY

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP MOVING."

— ALBERT EINSTEIN

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:

"IF I CANNOT DO GREAT THINGS, I CAN DO SMALL THINGS IN A GREAT WAY."

— MARTIN LUTHER KING, JR.

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"SOME DAYS ARE RAINY, SOME DAYS ARE SUNNY. SOME DAYS ARE CLOUDY, AND SOME DAYS ARE FUNNY."

— MY MANY COLORED DAYS
BY DR. SEUSS

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"GROWN-UPS NEVER UNDERSTAND ANYTHING BY THEMSELVES, AND IT IS TIRESOME FOR CHILDREN TO BE ALWAYS AND FOREVER EXPLAINING THINGS TO THEM."

— ANTOINE DE SAINT-EXUPÉRY

TODAY'S MOOD:

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ANGRY TIRE D SAD HAPPY EXCITED

REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"HE ROARED AND ROARED AND
ROARED UNTIL HE FELT
BETTER."*

— WHERE THE WILD THINGS
ARE BY MAURICE SENDAK

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"NATURE DOES NOT HURRY,
YET EVERYTHING IS
ACCOMPLISHED."*

— LAO TZU

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"I AM ONLY ONE, BUT I AM ONE. I CANNOT DO EVERYTHING, BUT I CAN DO SOMETHING. AND BECAUSE I CANNOT DO EVERYTHING, I WILL NOT REFUSE TO DO THE SOMETHING THAT I CAN DO."

— EDWARD EVERETT HALE

TODAY'S MOOD:



ANGRY



TIRED



SAD



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QUOTE OF THE DAY:

*"BELIEVE YOU CAN AND
YOU'RE HALFWAY THERE."*

— THEODORE ROOSEVELT

TODAY'S MOOD:



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TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"LISTEN--ARE YOU BREATHING
JUST A LITTLE, AND CALLING
IT A LIFE?"*

— MARY OLIVER

TODAY'S MOOD:



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TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"DO ANYTHING, BUT LET IT
PRODUCE JOY."*

— WALT WHITMAN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"BE THE CHANGE YOU WANT
TO SEE IN THE WORLD."*

— MAHATMA GANDHI

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:

"JUST BE YOURSELF, THERE IS NO ONE BETTER."

— TAYLOR SWIFT

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"TELL ME AND I FORGET.
TEACH ME AND I REMEMBER.
INVOLVE ME AND I LEARN."*

— BENJAMIN FRANKLIN

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"WHEN LIFE GIVES YOU A HUNDRED REASONS TO CRY, GIVE LIFE A THOUSAND REASONS TO SMILE."

— ANONYMOUS

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED-THEY MUST BE FELT WITH THE HEART."

— HELEN KELLER

TODAY'S MOOD:



ANGRY



TIRED



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3. _____
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QUOTE OF THE DAY:

*"IT IS ONLY WITH THE HEART
THAT ONE CAN SEE RIGHTLY;
WHAT IS ESSENTIAL IS
INVISIBLE TO THE EYE."*

— ANTOINE DE SAINT-
EXUPÉRY

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:

*"I GOT SAVED BY THE BEAUTY
OF THE WORLD."*

— MARY OLIVER

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

"I CAN BE CHANGED BY WHAT HAPPENS TO ME. BUT I REFUSE TO BE REDUCED BY IT."

— MAYA ANGELOU

TODAY'S MOOD:



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