

DAILY
Check-In

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"THE VALLEY WILL TEACH YOU
LESSONS THE MOUNTAINTOP
NEVER COULD."*

— LAUREN FORTENBERRY

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

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TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

QUOTE OF THE DAY:

"LIFE IS AMAZING, AND THEN IT'S AWFUL. AND THEN IT'S AMAZING AGAIN. AND IN BETWEEN THE AMAZING AND AWFUL IT'S ORDINARY AND MUNDANE AND ROUTINE. BREATHE IN THE AMAZING, HOLD ON THROUGH THE AWFUL, AND RELAX AND EXHALE DURING THE ORDINARY. THAT'S JUST LIVING THE HEARTBREAKING, SOUL-HEALING, AMAZING, AWFUL, ORDINARY LIFE. AND IT'S BREATHTAKINGLY BEAUTIFUL."

— L.R. KNOST

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QUOTE OF THE DAY:

"EVERY DAY OF LIFE TEACHES US A LESSON. GOOD DAYS TEACH US THAT LIFE IS BEAUTIFUL, AND HARD DAYS TEACH US THAT NO MATTER WHAT, BEAUTIFUL DAYS ALWAYS COME."

— BHAWANA GAUTAM

TODAY'S MOOD:



ANGRY



TIRED



SAD



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3. _____
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QUOTE OF THE DAY:

*"SOMETIMES THE GREATEST
GIFT YOU CAN GIVE ANOTHER
PERSON IS SIMPLY TO
INCLUDE THEM."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



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QUOTE OF THE DAY:

"I DON'T SAY NO BECAUSE I'M SO BUSY. I SAY NO BECAUSE I DON'T WANT TO BE SO BUSY."

— COURTNEY CARVER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"SOMETIMES YOU HAVE TO
TELL THE NEGATIVE
COMMITTEE THAT MEETS
INSIDE YOUR HEAD TO JUST
SIT DOWN AND SHUT UP."*

— TOBY MAC

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"INTEGRITY IS CHOOSING COURAGE OVER COMFORT. IT'S CHOOSING WHAT IS RIGHT OVER WHAT IS FUN, FAST, OR EASY. IT'S CHOOSING TO PRACTICE YOUR VALUES RATHER THAN SIMPLY PROFESSING THEM."

— BERNE BROWN

TODAY'S MOOD:

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ANGRY TIRE D SAD HAPPY EXCITED

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"WHAT IF YOUR MARKERS OF SUCCESS WERE HOW WELL YOU SLEPT AT NIGHT? HOW MANY BOOKS YOU READ? HOW EASILY YOU LAUGHED? HOW MUCH TIME YOU SPENT STORYTELLING, FEELING WARM IN THE ARMS AND HOMES OF THE PEOPLE YOU ADORE."

— EMMIE RAE

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"RIPPLES. WHEN YOU CREATE A DIFFERENCE IN SOMEONE'S LIFE, YOU NOT ONLY IMPACT THEIR LIFE, YOU IMPACT EVERYONE INFLUENCED BY THEM THROUGHOUT THEIR ENTIRE LIFETIME. NO ACT IS EVER TOO SMALL. ONE BY ONE, THIS IS HOW TO MAKE AN OCEAN RISE."

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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TODAY'S MOOD:



QUOTE OF THE DAY:

"YOU MAY ENCOUNTER MANY DEFEATS, BUT YOU MUST NOT BE DEFEATED. IN FACT, IT MAY BE NECESSARY TO ENCOUNTER THE DEFEATS, SO YOU CAN KNOW WHO YOU ARE, WHAT YOU CAN RISE FROM, HOW YOU CAN STILL COME OUT OF IT."

— MAYA ANGELOU

REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"KINDNESS BEGINS WITH THE UNDERSTANDING THAT WE ALL STRUGGLE."

— CHARLES GLASSMAN

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:

"PRACTICE THE PAUSE. PAUSE BEFORE JUDGING, PAUSE BEFORE ASSUMING. PAUSE BEFORE ACCUSING. PAUSE WHENEVER YOU'RE ABOUT TO REACT HARSHLY AND YOU'LL AVOID DOING AND SAYING THINGS YOU'LL LATER REGRET."

— LORI DESCHENE

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY, SAYING "I WILL TRY AGAIN TOMORROW."

— MARY ANNE RADMACHER

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:

"CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON OR SOME OTHER TIME. WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK."

— BARACK OBAMA

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:

*"AT TIMES OUR OWN LIGHT
GOES OUT AND IS REKINDLED
BY A SPARK FROM ANOTHER
PERSON. EACH OF US HAS
CAUSE TO THINK WITH DEEP
GRATITUDE OF THOSE WHO
HAVE LIGHTED THE FLAME
WITHIN US."*

— UNKNOWN

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:

"BE GOOD TO PEOPLE. YOU WILL BE REMEMBERED MORE FOR YOUR KINDNESS THAN ANY LEVEL OF SUCCESS YOU COULD POSSIBLY ATTAIN."

— MANDY HALE

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:

"SOMEDAYS, DOING THE 'BEST WE CAN' MAY STILL FALL SHORT OF WHAT WE WOULD LIKE TO BE ABLE TO DO. BUT LIFE ISN'T PERFECT ON ANY FRONT AND DOING WHAT WE CAN WITH WHAT WE HAVE IS THE MOST WE SHOULD EXPECT OF OURSELVES OR ANYONE ELSE."

— FRED ROGERS

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"RE-SET, RE-ADJUST, RE-START, AND RE-FOCUS. AS MANY TIMES AS YOU NEED TO."

— 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:

*"REAL HAPPINESS REQUIRES
LESS THAN YOU THINK."*

— COURTNEY CARVER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

*"TODAY I CHOOSE CALM OVER
CHAOS, SERENITY OVER
STRESS, PEACE OVER
PERFECTION, GRACE OVER
GRIT, AND FAITH OVER FEAR."*

— MARY DAVIS

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"EVERY DAY IS A SECOND CHANCE."

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"JOY DOES NOT SIMPLY HAPPEN TO US. WE HAVE TO CHOOSE JOY AND KEEP CHOOSING IT EVERY DAY."

— HENRI J.M. NOUWEN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"THERE IS NO MAGIC TO
ACHIEVEMENT. IT'S REALLY
ABOUT HARD WORK, CHOICES,
AND PERSISTENCE."*

— MICHELLE OBAMA

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"IF YOU AVOID CONFLICT TO
KEEP THE PEACE, YOU START A
WAR INSIDE YOURSELF."*

— CHERYL RICHARDSON

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"YOU CANNOT TOUCH THE
SAME WATER TWICE, BECAUSE
THE FLOW THAT HAS PASSED
WILL NEVER PASS AGAIN.
ENJOY EVERY MOMENT OF
YOUR LIFE."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"THE WORLD IS CHANGED BY
YOUR EXAMPLE, NOT YOUR
OPINION."*

— PAULO COELHO

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"FORGET DANCING LIKE NO ONE IS WATCHING. DANCE LIKE A TODDLER. THEY DON'T EVEN CARE IF THERE'S MUSIC."

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"THE BEST WAY TO PREDICT
THE FUTURE IS TO CREATE IT."*

— ABRAHAM LINCOLN

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"WHEN THE WORLD FEELS LIKE AN EMOTIONAL ROLLER COASTER, STEADY YOURSELF WITH SIMPLE RITUALS. DO THE DISHES. FOLD THE LAUNDRY. WATER THE PLANTS. SIMPLICITY ATTRACTS WISDOM."

— UNKNOWN

TODAY'S MOOD:

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ANGRY TIRE D SAD HAPPY EXCITED

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QUOTE OF THE DAY:

*"TRULY WONDERFUL THE MIND
OF A CHILD IS."*

— YODA

TODAY'S MOOD:



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TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"SUCCESS ISN'T ABOUT HOW MUCH MONEY YOU MAKE. IT'S ABOUT THE DIFFERENCE YOU MAKE IN PEOPLE'S LIVES."

— MICHELLE OBAMA

TODAY'S MOOD:



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