

DAILY  
*Check-In*

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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"LIFE IS EITHER A DARING  
ADVENTURE OR NOTHING AT  
ALL."*

— HELEN KELLER

**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:**

*"LIFE IS A SUCCESSION OF  
LESSONS WHICH MUST BE  
LIVED TO BE UNDERSTOOD."*

— RALPH WALDO EMERSON

**TODAY'S MOOD:**



ANGRY



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## QUOTE OF THE DAY:

*"YOU HAVE BRAINS IN YOUR  
HEAD. YOU HAVE FEET IN  
YOUR SHOES. YOU CAN STEER  
YOURSELF ANY DIRECTION  
YOU CHOOSE."*

— DR. SEUSS

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"GO CONFIDENTLY IN THE  
DIRECTION OF YOUR DREAMS!  
LIVE THE LIFE YOU'VE  
IMAGINED."*

— HENRY DAVID THEREAU

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"LIFE IS NEVER FAIR, AND  
PERHAPS IT IS A GOOD THING  
FOR MOST OF US THAT IT IS  
NOT."*

— OSCAR WILDE

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## QUOTE OF THE DAY:

*"YOU ONLY LIVE ONCE, BUT IF  
YOU DO IT RIGHT, ONCE IS  
ENOUGH."*

— MAE WEST

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"LIVE IN THE SUNSHINE, SWIM  
THE SEA, AND DRINK THE  
WILD AIR."*

— RALPH WALDO EMERSON

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"DON'T PRACTICE UNTIL YOU  
GET IT RIGHT. PRACTICE  
UNTIL YOU CAN'T GET IT  
WRONG."*

— ANONYMOUS

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## QUOTE OF THE DAY:

*"A TIGER DOESN'T LOSE SLEEP  
OVER THE OPINION OF  
SHEEP."*

— SHAHIR ZAG

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## QUOTE OF THE DAY:

*"KINDNESS IS A LANGUAGE  
THAT THE DEAF CAN HEAR AND  
THE BLIND CAN SEE."*

— MARK TWAIN

## TODAY'S MOOD:



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## QUOTE OF THE DAY:

*"IF YOU ALWAYS PUT LIMIT ON  
EVERYTHING YOU DO,  
PHYSICAL OR ANYTHING ELSE,  
IT WILL SPREAD INTO YOUR  
WORK AND INTO YOUR LIFE.  
THERE ARE NO LIMITS. THERE  
ARE ONLY PLATEAUS, AND YOU  
MUST NOT STAY THERE, YOU  
MUST GO BEYOND THEM."*

— BRUCE LEE

## TODAY'S MOOD:



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## QUOTE OF THE DAY:

*"IF OPPORTUNITY DOESN'T  
KNOCK, BUILD A DOOR."*

— MILTON BERLE

## TODAY'S MOOD:



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## QUOTE OF THE DAY:

*"SOME PEOPLE THINK THAT IF  
THEIR OPPONENT PLAYS A  
BEAUTIFUL GAME, IT'S OK TO  
LOSE. I DON'T. YOU HAVE TO  
BE MERCILESS."*

— MAGNUS CARLSEN

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**QUOTE OF THE DAY:**

*"ONE DAY YOUR LIFE WILL  
FLASH BEFORE YOUR EYES.  
MAKE SURE IT'S WORTH  
WATCHING."*

— GERARD WAY

**TODAY'S MOOD:**



**REFLECTION OF THE DAY:**

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## QUOTE OF THE DAY:

*"THE GREATEST MISTAKE YOU  
CAN EVER MAKE IN LIFE IS TO  
BE CONTINUALLY FEARING  
THAT YOU WILL MAKE ONE."*

— ELLEN HUBBARD

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## QUOTE OF THE DAY:

*"BE LIKE THE FLOWER THAT  
GIVES FRAGRANCE EVEN TO  
THE HAND THAT CRUSHES IT."*

— ALI LBN ABI TALIB

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"COURAGE ISN'T HAVING THE  
STRENGTH TO GO ON. IT IS  
GOING ON WHEN YOU DON'T  
HAVE STRENGTH."*

— NAPOLEON BONAPARTE

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"WHAT WOULD YOU ATTEMPT  
TO DO IF YOU KNEW YOU  
COULD NOT FAIL?"*

— ROBERT SCHULLER

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"IT IS NEVER TOO LATE TO BE  
WHAT YOU MIGHT HAVE  
BEEN."*

— "GEORGE ELLIOT" AKA.  
MARY ANNE EVANS

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TALENT IS LUCK. THE  
IMPORTANT THING IN LIFE IS  
COURAGE."*

— WOODY ALLEN

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"NOT UNTIL WE ARE LOST, DO  
WE BEGIN TO FIND  
OURSELVES."*

— HENRY DAVID THOREAU

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"TODAY I DO WHAT OTHERS  
WON'T, SO THAT TOMORROW I  
CAN ACCOMPLISH WHAT  
OTHERS DON'T."*

— JERRY RICE

**TODAY'S MOOD:**



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## QUOTE OF THE DAY:

*"THE MOST IMPORTANT  
THINGS ARE THE HARDEST TO  
SAY BECAUSE WORDS  
DIMINISH THEM."*

— STEPHEN KING

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## QUOTE OF THE DAY:

*"TURN YOUR FACT TO THE SUN  
AND THE SHADOWS FALL  
BEHIND YOU."*

— MAORI PROVERB

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## QUOTE OF THE DAY:

*"CHALLENGES ARE WHAT MAKE  
LIFE INTERESTING AND  
OVERCOMING THEM IS WHAT  
MAKES LIFE MEANINGFUL."*

— JOSHUA J. MARINE

## TODAY'S MOOD:



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**QUOTE OF THE DAY:**

*"YOU CANNOT SWIM FOR NEW  
HORIZONS UNTIL YOU HAVE  
COURAGE TO LOSE SIGHT OF  
THE SHORE."*

— WILLIAM FAULKNER

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

*"LIFE IS NEVER MADE  
UNBEARABLE BY  
CIRCUMSTANCES, BUT ONLY  
BY LACK OF MEANING AND  
PURPOSE."*

— VIKTOR FRANKL

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## QUOTE OF THE DAY:

*"IF YOU WANT HAPPINESS FOR  
AN HOUR, TAKE A NAP. IF YOU  
WANT HAPPINESS OR A DAY,  
GO FISHING. IF YOU WANT  
HAPPINESS FOR A YEAR,  
INHERIT A FORTUNE. IF YOU  
WANT HAPPINESS FOR A  
LIFETIME, HELP SOMEONE  
ELSE."*

— CHINESE PROVERB

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## QUOTE OF THE DAY:

*"BE MORE CONCERNED WITH  
YOUR CHARACTER THAN YOUR  
REPUTATION, BECAUSE YOUR  
CHARACTER IS WHAT YOU  
REALLY ARE, WHILE YOUR  
REPUTATION IS MERELY WHAT  
OTHERS THINK YOU ARE."*

— JOHN WOODEN

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## TODAY'S MOOD:



ANGRY



TIRED



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HAPPY



EXCITED

## QUOTE OF THE DAY:

*"THE ONLY WAY THAT WE CAN  
LIVE IS IF WE GROW. THE  
ONLY WAY WE CAN GROW IS IF  
WE CHANGE. THE ONLY WAY  
WE CAN CHANGE IS IF WE  
LEARN. THE ONLY WAY WE  
CAN LEARN IS IF WE ARE  
EXPOSED. AND THE ONLY WAY  
THAT WE ARE EXPOSED IS IF  
WE THROW OURSELVES INTO  
THE OPEN."*

— C. JOYBELL

## REFLECTION OF THE DAY:

## NOTES/REMINDERS:

## GOALS FOR TOMORROW:

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