

DAILY
Check-In

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:

*"HAPPINESS COMES FROM
GROWING WHAT THRIVES, NOT
MERELY SURVIVES."*

— JANET MACUNOVICH

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

NOTES/REMINDERS:

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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

"WE ARE NOT HERE TO GET TO TOMORROW. WE ARE HERE TODAY, TO BLOOM TODAY. WE WERE MADE TO THRIVE!"

— MARK HALL

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

*"THE PESSIMIST SEES
DIFFICULTY IN EVERY
OPPORTUNITY. THE OPTIMIST
SEES OPPORTUNITY IN EVERY
DIFFICULTY."*

— WINSTON CHURCHILL

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:

*"IT TAKES BUT ONE POSITIVE
THOUGHT WHEN GIVEN A
CHANCE TO SURVIVE AND
THRIVE TO OVERPOWER AN
ENTIRE ARMY OF NEGATIVE
THOUGHTS."*

— ROBERT H. SCHULLER

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:

*"THE ONLY WAY TO THRIVE IS
TO STAY AHEAD OF THE
CURVE, INNOVATE, AND NEVER
STOP LEARNING."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

"MY MISSION IN LIFE IS NOT MERELY TO SURVIVE, BUT TO THRIVE; AND TO DO SO WITH SOME PASSION, SOME COMPASSION, SOME HUMOR, AND SOME STYLE."

— MAYA ANGELOU

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
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3. _____
4. _____

QUOTE OF THE DAY:

*"MAKE UP YOUR MIND THAT
NO MATTER WHAT COMES
YOUR WAY, NO MATTER HOW
DIFFICULT, NO MATTER HOW
UNFAIR, YOU WILL DO MORE
THAN SIMPLY SURVIVE. YOU
WILL THRIVE IN SPIITE OF IT."*

— JOEL OSTEEN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"ALL SUCCESSES BEGIN WITH
SELF-DISCIPLINE. IT STARTS
WITH YOU."*

— DWAYNE "THE ROCK"
JOHNSON

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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2. _____
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QUOTE OF THE DAY:

“THE WAY TO THRIVE IS TO
LEARN AND ADAPT.”

— 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:

1. _____
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QUOTE OF THE DAY:

*"WITHOUT SELF-DISCIPLINE,
SUCCESS IS IMPOSSIBLE,
PERIOD."*

— LOU HOLTZ

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

"THE KEY TO THRIVING IS TO NEVER STOP LEARNING, GROWING AND ADAPTING."

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

*"TIME IS THE ONLY CURRENCY
YOU SPEND WITHOUT EVER
KNOWING YOUR BALANCE. USE
IT WISELY!"*

— UNKNOWN

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:

"HAPPINESS LIES NOT IN FINDING WHAT IS MISSING, BUT IN FINDING WHAT IS PRESENT."

— TARA BRACH

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"LIFE IS WHAT HAPPENS WHEN
YOU'RE BUSY MAKING OTHER
PLANS."*

— JOHN LENNON

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

*"IF YOU WANT TO THRIVE, YOU
NEED TO BE FLEXIBLE AND
OPEN-MINDED."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

"PAY ATTENTION TO YOUR ENEMIES, FOR THEY ARE THE FIRST TO DISCOVER YOUR MISTAKES."

— ANTISTHENES

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
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4. _____

QUOTE OF THE DAY:

"FAILURE IS SIMPLY THE OPPORTUNITY TO BEGIN AGAIN, THIS TIME MORE INTELLIGENTLY."

— HENRY FORD

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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4. _____

QUOTE OF THE DAY:

*"IN ORDER TO THRIVE, YOU
MUST BE WILLING TO TAKE
RISKS AND MAKE MISTAKES."*

— 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:

"THE GREATEST GLORY IN LIVING LIES NOT IN NEVER FALLING, BUT IN RISING EVERY TIME WE FALL."

— NELSON MANDELA

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"YOUR TIME IS LIMITED, SO
DON'T WASTE IT LIVING
SOMEONE ELSE'S LIFE. DON'T
BE TRAPPED BY DOGMA -
WHICH IS LIVING WITH THE
RESULTS OF OTHER PEOPLE'S
THINKING."*

— STEVE JOBS

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"IF LIFE WERE PREDICTABLE IT
WOULD CEASE TO BE LIFE,
AND BE WITHOUT FLAVOR."*

— ELEANOR ROOSEVELT

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"IF YOU SET YOUR GOALS
RIDICULOUSLY HIGH AND IT'S
A FAILURE, YOU WILL FAIL
ABOVE EVERYONE ELSE'S
SUCCESS."*

— JAMES CAMERON

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"MANY OF LIFE'S FAILURES
ARE PEOPLE WHO DID NOT
REALIZE HOW CLOSE THEY
WERE TO SUCCESS WHEN THEY
GAVE UP."*

— THOMAS A. EDISON

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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3. _____
4. _____

QUOTE OF THE DAY:

*"WHEN YOU REACH THE END
OF YOUR ROPE, TIE A KNOT IN
IT AND HANG ON."*

— FRANKLIN D. ROOSEVELT

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"ALWAYS REMEMBER THAT YOU
ARE ABSOLUTELY UNIQUE.
JUST LIKE EVERYONE ELSE."*

— MARGARET MEAD

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"DON'T JUDGE EACH DAY BY
THE HARVEST YOU REAP BUT
BY THE SEEDS THAT YOU
PLANT."*

— ROBERT LOUIS
STEVENSON

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"THE FUTURE BELONGS TO
THOSE WHO BELIEVE IN THE
BEAUTY OF THEIR DREAMS."*

— ELEANOR ROOSEVELT

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

"IN THE END, IT'S NOT THE YEARS IN YOUR LIFE THAT COUNT. IT'S THE LIFE IN YOUR YEARS."

— ABRAHAM LINCOLN

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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2. _____
3. _____
4. _____

QUOTE OF THE DAY:

*"WHOEVER IS HAPPY WILL
MAKE OTHERS HAPPY TOO."*

— ANNE FRANK

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"DO NOT GO WHERE THE PATH
MAY LEAD, GO INSTEAD
WHERE THERE IS NO PATH
AND LEAVE A TRAIL."*

— RALPH WALDO EMERSON

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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4. _____

QUOTE OF THE DAY:

*"YOU WILL FACE MANY
DEFEATS IN LIFE, BUT NEVER
LET YOURSELF BE DEFEATED."*

— MAYA ANGELOU

TODAY'S MOOD:



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