

DAILY
Check-In

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TODAY I AM GRATEFUL FOR:

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

QUOTE OF THE DAY:

*"IN UNION THERE IS
STRENGTH."*

— UNKNOWN

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:

"WE CANNOT BE SEPARATED IN INTEREST OR DIVIDED IN PURPOSE. WE STAND TOGETHER UNTIL THE END."

— WOODROW WILSON

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

"THERE ARE THREE SOLUTIONS TO EVERY PROBLEM: ACCEPT IT, CHANGE IT, OR LEAVE IT. IF YOU CAN'T ACCEPT IT, CHANGE IT. IF YOU CAN'T CHANGE IT, LEAVE IT."

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

*"ALONE WE CAN DO SO
LITTLE; TOGETHER WE CAN DO
SO MUCH."*

— HELEN KELLER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

"IT IS THE LONG HISTORY OF HUMAN KIND (AND ANIMAL KIND, TOO) THAT THOSE WHO LEARNED TO COLLABORATE AND IMPROVISE MOST EFFECTIVELY HAVE PREVAILED."

— CHARLES DARWIN

TODAY'S MOOD:



ANGRY



TIRED



SAD



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QUOTE OF THE DAY:

*"EACH RELATIONSHIP
NURTURES A STRENGTH OR
WEAKNESS WITHIN YOU."*

— MIKE MURDOCK

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 GLUE THAT HOLDS ALL
RELATIONSHIPS TOGETHER...
IS TRUST, AND TRUST IS
BASED ON INTEGRITY."*

— BRIAN TRACY

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

1. _____
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4. _____

QUOTE OF THE DAY:

*"TODAY . . . SPEND MORE
TIME WITH PEOPLE WHO
BRING OUT THE BEST IN YOU,
NOT THE STRESS IN YOU."*

— UNKNOWN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

"DON'T DWELL ON WHAT WENT WRONG. INSTEAD, FOCUS ON WHAT TO DO NEXT. SPEND YOUR ENERGIES ON MOVING FORWARD TOWARD FINDING THE ANSWER."

— DENIS WAITLEY

TODAY'S MOOD:



ANGRY



TIRED



SAD



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QUOTE OF THE DAY:

*"FIND OUT WHAT YOU LIKE
DOING BEST AND GET
SOMEONE TO PAY YOU FOR
DOING IT."*

— KATHARINE WHITEHORN

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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QUOTE OF THE DAY:

*"THE FUTURE DEPENDS ON
WHAT YOU DO TODAY."*

— MAHATMA GANDHI

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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2. _____
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QUOTE OF THE DAY:

"OPPORTUNITIES DON'T HAPPEN, YOU CREATE THEM."

— CHRIS GROSSER

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

1. _____
2. _____
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QUOTE OF THE DAY:

"THE ONLY WAY TO DO GREAT WORK IS TO LOVE WHAT YOU DO. IF YOU HAVEN'T FOUND IT YET, KEEP LOOKING. DON'T SETTLE."

— STEVE JOBS

TODAY'S MOOD:



ANGRY



TIRED



SAD



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"WHATEVER YOU DECIDE TO DO, MAKE SURE IT MAKES YOU HAPPY."

— PAULO COELHO

TODAY'S MOOD:



ANGRY



TIRED



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HAPPY



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QUOTE OF THE DAY:

*"A MIND THAT IS STRETCHED
BY NEW EXPERIENCES CAN
NEVER GO BACK TO ITS OLD
DIMENSIONS."*

— OLIVER WENDELL HOLMES,
JR.

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:

"WHEN THE GRASS LOOKS GREENER ON THE OTHER SIDE OF THE FENCE, IT MAY BE THAT THEY TAKE BETTER CARE OF IT THERE."

— CECIL SELIG

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"DREAM BIG, STAY POSITIVE,
WORK HARD, AND ENJOY THE
JOURNEY."*

— URIJAH FABER

TODAY'S MOOD:



ANGRY



TIRED



SAD



HAPPY



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4. _____

QUOTE OF THE DAY:

"CAREERS CAN BE DIFFICULT JOURNEYS; YOU NEED A PASSION TO KEEP GOING WHEN THE GOING GETS ROUGH."

— MIKE MASSIMINO

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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2. _____
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QUOTE OF THE DAY:

*"BE CAREFUL WHAT YOU WATER
YOUR DREAMS WITH. WATER THEM
WITH WORRY AND FEAR AND YOU
WILL PRODUCE WEEDS THAT CHOKE
THE LIFE FROM YOUR DREAM.
WATER THEM WITH OPTIMISM AND
SOLUTIONS AND YOU WILL
CULTIVATE SUCCESS. ALWAYS BE ON
THE LOOKOUT FOR WAYS TO TURN A
PROBLEM INTO AN OPPORTUNITY
FOR SUCCESS. ALWAYS BE ON THE
LOOKOUT FOR WAYS TO NURTURE
YOUR DREAM."*

— LAOZI

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"LIFE OPENS UP OPPORTUNITIES TO YOU, AND YOU EITHER TAKE THEM OR YOU STAY AFRAID OF TAKING THEM."

— JIM CARREY

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"THE GAME OF LIFE IS A LOT LIKE FOOTBALL. YOU HAVE TO TACKLE YOUR PROBLEMS, BLOCK YOUR FEARS, AND SCORE YOUR POINTS WHEN YOU GET THE OPPORTUNITY."

— LEWIS GRIZZARD

TODAY'S MOOD:



ANGRY



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QUOTE OF THE DAY:

"PROBLEMS ARE ONLY OPPORTUNITIES WITH THORNS ON THEM."

— HUGH MILLER

TODAY'S MOOD:



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"TRUST IS A FUNCTION OF TWO THINGS: CHARACTER AND COMPETENCE. CHARACTER INCLUDES YOUR INTEGRITY, YOUR MOTIVE, AND YOUR INTENT WITH PEOPLE. COMPETENCE INCLUDES YOUR CAPABILITIES, YOUR SKILLS, AND YOUR TRACK RECORD. BOTH ARE VITAL."

— STEPHEN COVEY

TODAY'S MOOD:



ANGRY



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"CONFIDENCE IS THE
IMMATERIAL RESIDUE OF
MATERIAL ACTIONS.
CONFIDENCE IS THE PUBLIC
FACE OF COMPETENCE."*

— RON SUSKIND

TODAY'S MOOD:



ANGRY



TIRED



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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

*"KNOW YOUR VALUE.
CONFIDENCE BREEDS
SUCCESS. ACT LIKE THE
PERSON YOU WANT TO
BECOME, AND PEOPLE WILL
START SEEING YOU AS THAT
PERSON."*

— MARK M. FORD

TODAY'S MOOD:



ANGRY



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QUOTE OF THE DAY:

"SOME PEOPLE WANT IT TO HAPPEN, SOME WISH IT WOULD HAPPEN, OTHERS MAKE IT HAPPEN."

— MICHAEL JORDAN

TODAY'S MOOD:



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QUOTE OF THE DAY:

*"IF A GOOD MAN THRIVES, ALL
THRIVE WITH HIM."*

— GEORGE HERBERT

TODAY'S MOOD:



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QUOTE OF THE DAY:

*"THE FIVE C'S OF EXPANDING YOUR CAPACITY.
1. BUILD YOUR CONFIDENCE.
2. EXPAND YOUR CONNECTIONS.
3. IMPROVE YOUR COMPETENCE.
4. STRENGTHEN YOUR CHARACTER.
IF CHARACTER IS NOT STRENGTHENING YOUR CAPACITY IS WEAKENING. WE NEED TO CHECK OUR LEADERSHIP FOR LEAKS.
5. INCREASE YOUR COMMITMENT."*

— SHEILA HEEN

TODAY'S MOOD:



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QUOTE OF THE DAY:

"POSSIBILITY IS THE OXYGEN UPON WHICH HOPE THRIVES."

— PAUL ROGAT LOEB

TODAY'S MOOD:



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4. _____

QUOTE OF THE DAY:

*"WE THRIVE NOT WHEN WE'VE
DONE IT ALL, BUT WHEN WE
STILL HAVE MORE TO DO."*

— SARAH LEWIS

TODAY'S MOOD:



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