

Daily check in

DATE _____

TODAY I LEARNED:



TODAY'S AFFIRMATION

TODAY I FELT



WHAT I WANT TO REMEMBER
ABOUT TODAY

WHAT AM I MOST PROUD OF
MYSELF FOR TODAY?

THINGS I DID TODAY



PEOPLE I MET TODAY



MY RANKING OF TODAY



IF TODAY WAS HARD, WHAT CAN I TAKE FROM TODAY TO IMPROVE TOMORROW?