

# MY DAILY self check in

DATE:

DAY:

TODAY I AM GRATEFUL FOR

1. \_\_\_\_\_>
2. \_\_\_\_\_>
3. \_\_\_\_\_>
4. \_\_\_\_\_>
5. \_\_\_\_\_>
6. \_\_\_\_\_>
7. \_\_\_\_\_>

HOW DOES MY BODY FEEL?

LIST 2 ACTS OF SELF-CARE TO GIVE MYSELF TODAY

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LIST 1 WORRY TO LET GO OF

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TODAY'S AFFIRMATION

REMEMBER it's OKAY to FEEL!

WHAT DOES MY BODY NEED RIGHT NOW?

TODAY'S I FEEL IT



MY ENERGY LEVEL FOR TODAY



WHAT AM I THINKING?