

DAILY SELF CARE CHECK-IN



MORNING

THIS MORNING I'M FEELING

--	--	--	--	--	--	--	--	--	--

AWFUL

AMAZING

3 THINGS I'M GRATEFUL FOR

1. _____

2. _____

3. _____

TODAY'S AFFIRMATIONS

1. _____

2. _____

3. _____

TODAY'S TOP 3 GOALS

- _____
- _____
- _____



EVENING

TONIGHT I'M FEELING

--	--	--	--	--	--	--	--	--	--

AWFUL

AMAZING

TODAY'S LITTLE (OR BIG!) WINS

- _____
- _____
- _____
- _____
- _____
- _____

3 THINGS THAT MADE ME SMILE

1. _____

2. _____

3. _____

WHAT CAN I LET GO OF?

- _____
- _____
- _____

VENT, BRAINSTORM, OR WORK OUT YOUR THOUGHTS
