



Daily Checkup



How are you
feeling today?

Things you are:
grateful for

1.

2.

3.

Today's
affirmations :

My mood today is...

☐ Calm

☐ Rested

☐ Creative

☐ Happy

☐ Angry

☐ Sad

☐ Anxious

☐ Playful

☐ _____