

# Daily Check In Journal

Date:

S M T W T F S

Weekly Task:

Main Emotions:

Gratitude List:

- 1.
- 2.
- 3.

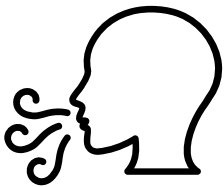
Daily Affirmation:

Choose an activity to relax:

Meditate

Progressive Muscle Relaxation

54321



Breathe



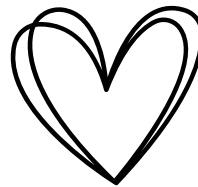
Meditate



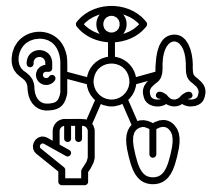
Leaves on a Stream



Progressive Muscle Relaxation



Loving Kindness



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Don't Forget / Brain Dump / Notes:

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