

*Today I feel:*

*My intention for today:*

*A goal I'm working on:*

**MY DAY**

: \_\_\_\_\_

: \_\_\_\_\_

: \_\_\_\_\_

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**SELF CARE**

- |                    |                    |
|--------------------|--------------------|
| <i>Make my bed</i> | <i>Meditate</i>    |
| <i>Drink water</i> | <i>Eat veggies</i> |
| <i>Move</i>        | <i>Eat fruit</i>   |

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\_\_\_\_\_

*Stop doing:*

 **NIGHT TIME CHECK-IN**

*I am grateful for:*

*Highlight/Thoughts of the day:*

*I am feeling:*