

Daily Mindfulness Check-in



Today's date:

This morning I'm feeling:

- | | |
|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Weak |
| <input type="checkbox"/> Well rested | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Strong | <input type="checkbox"/> Relaxed |

My intention for today:



Do something fun!

Today I'm going to:

Because it makes me feel:

2 work goals for today:

#1-

#2-

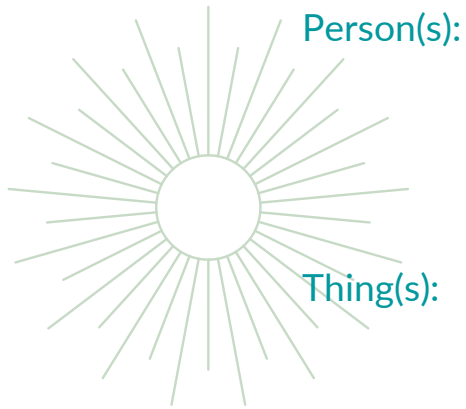
2 personal goals for today:

#1-

#2-



Today I am grateful for (because):



Challenges of the day:

Things that made me happy today:

My evening ritual:



- meditation*
- yoga practice*
- hot bath/shower*
- sipping tea*
- Journaling*

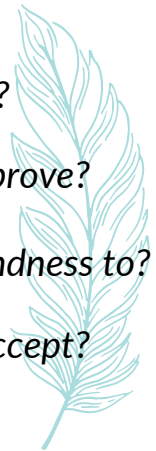
Self reflection:

What are my strengths?

Where can I improve?

Who do I need to give more kindness to?

What do I need to accept?



*You deserve
your own love
and affection*