

NIGHTLY

check in

DATE:

S M T W T F S

TODAY'S FEELINGS



MY RANKING OF TODAY



TOMORROW I'D LIKE TO DO:

1. _____>
2. _____>
3. _____>
4. _____>
5. _____>

THIS WEEK'S AFFIRMATION

WHAT WAS THE BEST THINGS TODAY

THINGS I DID TODAY I'M PROUD OF

WHAT I LEARNED TODAY

HOW I TOOK CARE OF MYSELF TODAY

OTHER THINGS ABOUT TODAY

