DAILY SELF CARE CHECK IN

DATE: / /

TODAY I FEEL GRATEFUL FOR

TODAY I AM FEELING

WATER INTAKE

DAILY HABIT BUILDER

- [ ] SAID SOMETHING KIND TO MYSELF
- [ ] REFRAMED A NEGATIVE THOUGHT
- [ ] TOOK A BREAK WHEN I NEEDED IT
- [ ] ATE SOMETHING NOURISHING
- [ ] GOT SOME FRESH AIR

SOMETHING I WANT TO GET OFF MY CHEST

SOMETHING THAT WENT WELL TODAY