

# JOURNAL

SELF CHECK-IN





# Self Check-in Pages

# Daily Check-In

DATE / /

TODAY'S AFFIRMATION:



HOW I'M FEELING

MY INTENTIONS TODAY

---

---

---

---

---

---

MY TO DO LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

HYDRATION



HOW I'M FEELING

TODAY I WAS GRATEFUL FOR

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

TOMORROW I WILL

---

---

---

---

---

TODAY'S RATING



# Weekly Planner

WEEK NUMBER: \_\_\_\_\_

---

## MAIN GOAL

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ACTION STEPS

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

---

## PERSONAL TO DO LIST

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## WORK TO DO LIST

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

---

## HABITS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

---

## LIFE BALANCE

HEALTH & FITNESS	FUN & RECREATION
RELATIONSHIPS	PERSONAL GROWTH
CAREER	SPIRITUALITY

# My Day

Today's goal:

Today's affirmation:

Today's experiences:

What did I LEARN?

How did I FEEL?

What IDEAS did I have?

What made me THANKFUL?

With whom did I CONNECT?

What made me HAPPY?