



# GRATITUDE CHECK-IN

DATE: \_\_\_\_\_ S M T W T F S

## THINGS I'M GRATEFUL FOR TODAY:

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

## TODAY'S AFFIRMATIONS (START WITH "I AM" AND SAY IT OUT LOUD LIKE YOU BELIEVE IT):

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

## NOTES / REMINDERS:

## SOMETHING I'M PROUD ABOUT:

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

## TOMORROW I LOOK FORWARD TO:

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