Gentle Intentions —— Daily Check-In Journal

MOOD (CIRCLE ONE)

Joy   Anger   Fear   Peace   Anxious   Hope
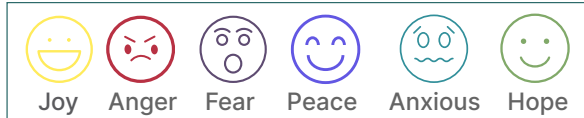
What went well today?

One kind thing I did for myself

Something I'm grateful for

Then Plan (*optional*)   What's one If (_ _ _ _ _ _) Then (_ _ _ _ _ _)plan for today?

Be gentle. Small steps count.