



Daily Check-In

A Mindful Approach to Monitoring Your
Daily Feelings and Energies

Name: _____

Date: _____

Mood & Energy Check

Check in with yourself and note how you're feeling today.

- Happy
- Calm
- Tired
- Stressed
- Anxious
- Overwhelmed
- Motivated
- Sad
- Other: _____

Energy level (circle one):

Low – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – High

Thoughts & Feelings

Reflect on your inner world today.

What thoughts have been on my mind today?

What emotions did I notice most?

Today's Reflection

Every day is a fresh start.

What went well today?

What felt challenging?

What did I learn about myself today?

Wins & Progress

Acknowledge your achievements.

One small win from today:

Something I'm proud of:

Challenges & How I Handled Them

Growth comes from facing challenges.

What was difficult today?

How did I respond?

Gratitude

Appreciate the good in your life.

List 3 things you're grateful for today:

Intentions for Tomorrow

Set your sights on the day ahead.

One thing I want to focus on tomorrow:

One small action I will take:

"I don't have to have everything figured out. I just need to keep showing up."