

Date:

# Daily Check-in

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How was your day? Rate it between 1 - 5



How are you feeling now? Encircle or highlight your answer

Happy  
Elated  
Confident  
Excited  
Content  
Relieved  
Relaxed  
Thankful

Sad  
Disappointed  
Depressed  
Pessimistic  
Disillusioned  
Ashamed  
Mournful  
Upset

Anxious  
Nervous  
Stressed  
Terrified  
Worried  
Lost  
Uncertain  
Vulnerable

Hurt  
Isolated  
Jealous  
Aggrieved  
Frustrated  
Abandoned  
Discouraged  
Defeated

Angry  
Disgusted  
Irritated  
Indifferent  
Stubborn  
Hostile  
Exasperated  
Defiant

Trigger

Reaction

Habits

- Shower
  - Hygiene
  - Go to school/work
  - Walk
  - Water
  - Fruits
  - Vitamins
  - Exercise/Workout
  - Meditate
  - Journal
  - Sleep on time
- Others, list below:

Positive Things

Goals for tomorrow