

Self-Awareness Daily Check-in

WHAT TYPE OF PERSON ARE YOU TODAY?

DESCRIBE THE PERSON THAT YOU WANT TO BECOME ONLY USING THREE VERBS.

1 _____

2 _____

3 _____

I AM HAPPIEST WHEN I...

I AM MOST UNHAPPY WHEN...

3 THINGS THAT INSTANTLY PUT ME IN A GREAT MOOD.

1

2

3

1 PERSON THAT MAKE ME FEEL MOTIVATED AND INSPIRED.

2 THINGS THAT MAKE ME LAUGH.