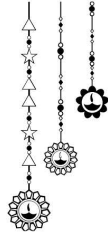


# Spiritual Check In



DATE \_\_\_\_\_

TODAY I'M GREATFUL FOR



WHAT WAS THE BEST THING  
ABOUT TODAY?

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TODAY'S AFFIRMATION

---

THINGS I DID TODAY



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TODAY I FELT



PEOPLE I MET TODAY

---

WHAT I WANT TO REMEMBER  
ABOUT TODAY

---

MY RANKING OF TODAY

