



# Petal & Paper

YOUR FREE PRINTABLE

## Daily mood check-in



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HOW ARE YOU REALLY?

# daily check-in

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**Date** · \_\_\_\_\_

**Mood right now (1–10)** · \_\_\_\_ **In one word:**

\_\_\_\_\_

**Energy level** · \_\_\_\_/10 **Sleep last night:** \_\_\_\_hrs

**Something that went well** · \_\_\_\_\_

**Something that was hard** · \_\_\_\_\_

**What my body needs** · \_\_\_\_\_

**One intention for tomorrow** · \_\_\_\_\_

YOU DO NOT HAVE TO FEEL GREAT —  
YOU JUST HAVE TO NOTICE

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