



Petal & Paper

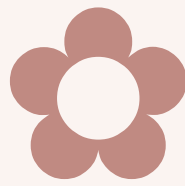
YOUR FREE PRINTABLE

Daily self-care check-in



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D A I L Y C H E C K - I N 

how am I?

Date · _____

How am I feeling right now? (one word) ·

My body needs · Rest ☐ Movement ☐ Food ☐ Water ☐ Fresh air
☐

My mind needs · Quiet ☐ Connection ☐ A break ☐ Something
fun ☐

One thing I'm grateful for today ·

One kind thing I'll do for myself today ·

Do I need to ask for help with anything? ·



A S M A L L D A I L Y C H E C K - I N C A T C H E S
W H A T A B U S Y L I F E M A K E S E A S Y T O
I G N O R E

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