

1 Did I get
enough sleep?

2 Did I eat well?

3 Did I get
enough water?

4 Did I move or
exercise?

5 Did I talk to a
friend today?

10 Daily Check Ins

For a Good Life



6 Did I find something
to be grateful for
today?

7 Did I laugh
today?

8 Did I quiet my mind
& body today?

9 Did I think of 1
thing I did well
today?

10 Did I show
compassion
today?
