Name _____

Morning Check-In

Happy   Tired   Hopeful   Nervous

Focused   Sad   Frustrated   Confident

Excited   Angry   Joyful   Bored
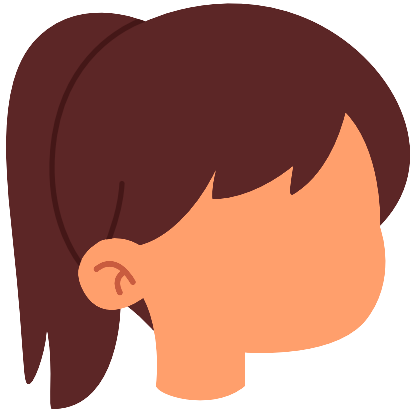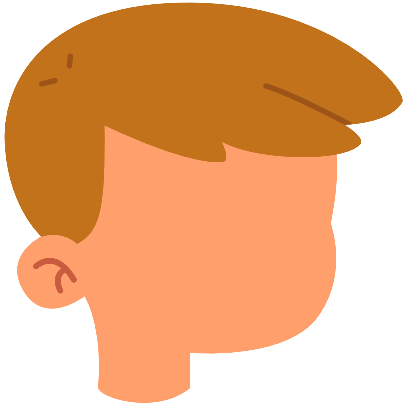
Reason for my rating

Goal for Today:

Something I am looking forward to today:

Name _____

Morning Check-In

How I feel about today:

Happy   Tired   Hopeful   Nervous

Focused   Sad   Frustrated   Confident

Excited   Angry   Joyful   Bored

Reason for my rating

Goal for Today:

Something I am looking forward to today:

_____
_____
_____
_____
_____

Morning Check-In

How I feel about today:

Happy   Tired   Hopeful   Nervous

Focused   Sad   Frustrated   Confident

Excited   Angry   Bored

Joyful

Reason for my rating

Goal for Today:

Something I am looking forward to today:

_____
_____
_____
_____
_____

Morning Check-In

How I feel about today:

Happy   Tired   Hopeful   Nervous

Focused   Sad   Frustrated   Confident

Excited   Angry   Joyful   Bored

Reason for my rating

Goal for Today:

Something I am looking forward to today: