

# DAILY CHECK-IN

## Safe In Our World Toolkit

Date:

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Three positives from today:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

Energy Tracker



10  
%

20  
%

30  
%

40  
%

50  
%

60  
%

70  
%

80  
%

90  
%

100  
%

Positive Thoughts



Negative Thoughts



Acts of Kindness



What exceeded my expectations today?

What could have gone better today?

I'm proud of myself today  
because:

How did today affect my self-  
esteem?