



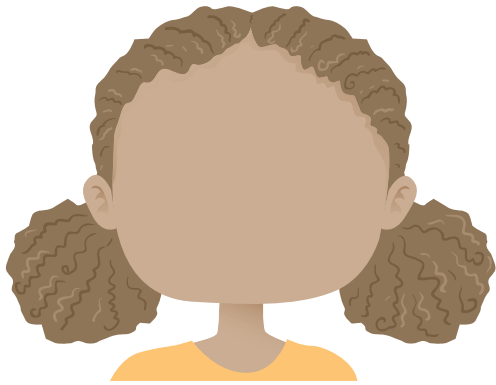
Empower ME

Daily Art-based Reflections Printable



Date _____

Morning Check-In



How I feel about today:

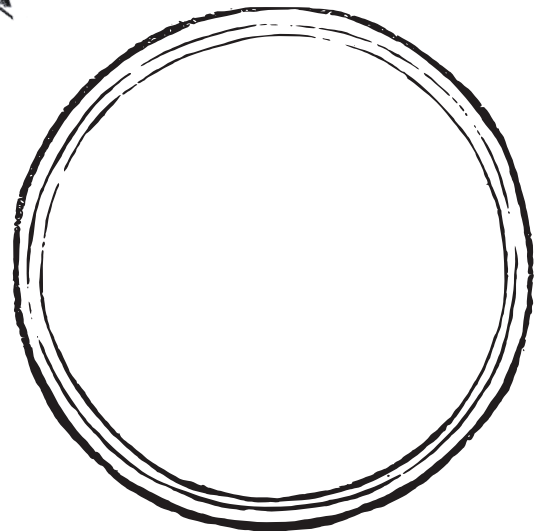
- Happy
- Tired
- Hopeful
- Nervous
- Focused
- Sad
- Frustrated
- Confident
- Excited
- Angry
- Joyful
- Bored

Reason for my rating

○ ○ ○ ○ ○



Draw Your Emotion



Something I am looking forward to today:



NAME: _____

DATE: _____

GRATITUDE REFLECTION



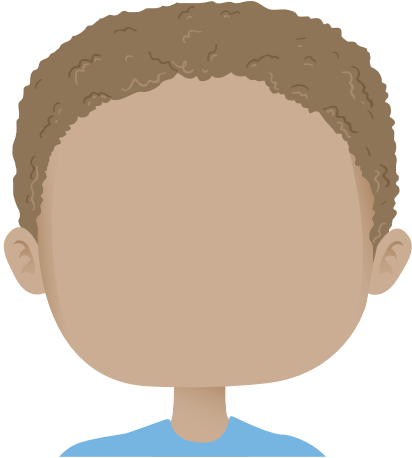
WRITE AND DRAW WHAT YOU ARE GRATEFUL FOR TODAY:

ONE THING I DID WELL TODAY WAS...

MY PRAYER FOR TOMORROW IS...

Name _____

Morning Check-In



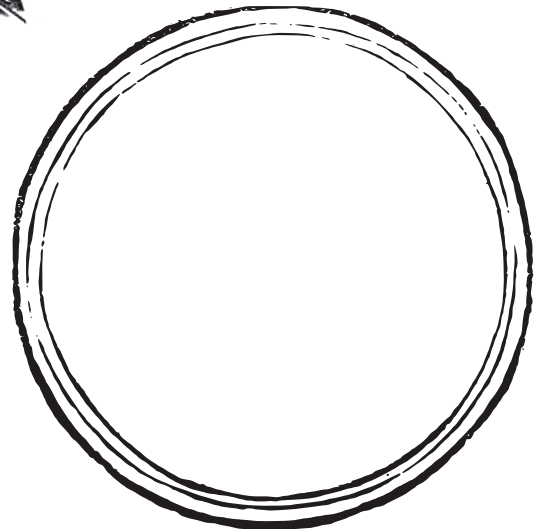
How I feel about today:

- Happy
- Tired
- Hopeful
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- Focused
- Sad
- Frustrated
- Confident
- Excited
- Angry
- Joyful
- Bored

Reason for my rating

A drawing of a sheet of lined paper. It has a red horizontal line near the top, five small circles representing binder holes, and several horizontal blue lines for writing. The bottom right corner is folded over.

Draw your emotion



Something I am looking forward to today:

A large rectangular box with a black border, containing five horizontal lines for writing.



NAME: _____

DATE: _____

GRATITUDE REFLECTION



WRITE AND DRAW WHAT YOU ARE GRATEFUL FOR TODAY:

ONE THING I DID WELL TODAY WAS...

MY PRAYER FOR TOMORROW IS...
