

Daily Check-In Exercise (From A L.I.F.E. Guide for Spouses)

Today I feel....
When I feel this way, the thoughts that go through my head are...
When I feel this way and think these thoughts, what I want to do is...
My choice today is..
My prayer for today:

Today I feel....
When I feel this way, the thoughts that go through my head are...
When I feel this way and think these thoughts, what I want to do is...
My choice today is..
My prayer for today: