



CHECK IN

Action:

Intent:

Belief:

NO LOG – NO CREDIT

Topic for this week:

Name:

Group Day:

Date:

1. A positive change I am making:

How I plan to do this:

- A.
- B.
- C.
- D.

&. A positive change I am making:

How I plan to do this:

- A.
- B.
- C.
- D.

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How I plan to do this:

- A.
- B.
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How I plan to do this:

- A.
- B.
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- D.