

DATE ____ / ____ / ____

Five things I am profoundly grateful for today...

1. _____
2. _____
3. _____
4. _____
5. _____

One thing that happened today that made me smile...

One thing I did today that I'm proud of...

Three choices I made today that liberated me...

1. _____
2. _____
3. _____

The three most important tasks for me to complete tomorrow that are doable and feel amazing...

1. _____
2. _____
3. _____

A few things I want to change...

