

Start Each Day With A Grateful Heart



What Would Make You Happy Right Now?

What Are Your Priorities Right Now?

What Can I Learn Today?

How Do You Feel Today?

How Will You Practice Self Care Today?



*Strive For Progress Not
Perfection*

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Goal 6

Today Is The Day

One Delightful Thing About Today Was...

One Challenging Thing About Today was...

One Spontaneous Thing I Did Today Was...

One Purposeful Thing I Did Today Was...

One Magical Thing Today Was...

One Delicious Thing Today Was...

*Today I am
Grateful For ...*

