| Libid time                   | gratitude 'n grouth   |
|------------------------------|---|
| DATE:                        | S M T W T F S   |
| TODAY I'M GRATEFUL FOR       |   |
|                              |   |
| I AM FEELING:                | hopeful courageous content joy peace                                    |
| afraid                       | hopeful courageous content joy peace! lonely shame guilt sad anger hurt |
| THIS WENT WELL:              | THIS DID NOT GO WELL:   |
|                              |   |
| WHAT I CAN LEARN FROM TODAY: |   |
| •                            |   |

BRAIN DUMP/MIND MAP:

TOMORROW'S TOP TASK:

0