

Practice GRATITUDE

WHAT WAS FREEKING GREAT ABOUT MY DAY?

- _____
- _____
- _____
- _____

THREE AFFIRMATIONS THAT MAKE ME FEEL UNSTOPPABLE

- _____
- _____
- _____
- _____

HOW DID I EXPRESS GRATITUDE TODAY ?

- _____
- _____
- _____
- _____