Morday TODAY'S AFFIRMATIONS:	DATE:
TODAY'S GOALS:	TODAY I WILL FEEL
TODAY I AM GRATEFUL FOR	WHAT WAS THE BEST THING ABOUT TODAY?
WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF: I AM LOOKING FOWARD TO: MY RANKING OF TODAY A A A A A

Tuesday TODAY'S AFFIRMATIONS:	DATE: g veflection
TODAY'S GOALS:	TODAY I WILL FEEL
TODAY I AM GRATEFUL FOR	what was the best thing about today?
• WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF:
	I AM LOOKING FOWARD TO:
	MY RANKING OF TODAY \$\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2

Wednesday	DATE:
TODAY'S AFFIRMATIONS:	
TODAY'S GOALS:	TODAY I WILL FEEL
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0	
Even	ning reflection
TODAY I AM GRATEFUL FOR	WHAT WAS THE BEST THING ABOUT TODAY?
WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF:
	I AM LOOKING FOWARD TO:
	MY RANKING OF TODAY The state of the state
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	hursday Morning DAY'S AFFIRMATIONS:	vef	DATE:
	DAY'S GOALS:		TODAY I WILL FEEL
	TODAY I AM GRATEFUL FOR	veft	WHAT WAS THE BEST THING ABOUT TODAY?
	WHAT DID I ACCOMPLISH TODAY:	<u> </u>	E THING I NEED TO LET GO OF:
		<u>I A</u>	MY RANKING OF TODAY
•	•••••••••••••••••••••••••••••••••••••••		分分分分分

Friday TODAY'S AFFIRMATIONS:	DATE:
TODAY'S GOALS:	TODAY I WILL FEEL
Evening	veflection
TODAY I AM GRATEFUL FOR	WHAT WAS THE BEST THING ABOUT TODAY?
•• WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF:
	I AM LOOKING FOWARD TO:
	MY RANKING OF TODAY A A A A A A A A A A A A A A A A A A

Saturday Morning TODAY'S AFFIRMATIONS:	veflection
TODAY'S GOALS:	TODAY I WILL FEEL
TODAY I AM GRATEFUL FOR	veflection ————————————————————————————————————
WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF: I AM LOOKING FOWARD TO: MY RANKING OF TODAY A A A A

Sunday TODAY'S AFFIRMATIONS:	DATE:
TODAY'S GOALS:	TODAY I WILL FEEL
TODAY I AM GRATEFUL FOR	weflection ————————————————————————————————————
WHAT DID I ACCOMPLISH TODAY:	ONE THING I NEED TO LET GO OF: I AM LOOKING FOWARD TO: MY RANKING OF TODAY

Weekly veflection

WHAT HAVE YOU LEARNED ABOUT YOURSELF?	
WHAT CHALLENGED YOU AND HOW DID YOU	OVERCOME IT?
1/100	
	ming week
TOP 3 PRIORITIES:	THIS WEEKS GOAL:
0	
STEPS TO ACCOMPLISH GOALS	
	I LOOK TOWARD TO:
	I LOOK FOWARD TO:
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