

For Today...

Date: _____

M T W TH F SAT SUN

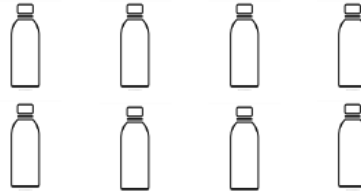
Today I am Grateful for:

I will focus on:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

I will let go of:

Water



What did you do for yourself today?

For someone else?

Exercise of the day: