

DATE: / /

GRATITUDE

Today I am thankful for...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

reviewed

APPRECIATION

Today I will let _____
know how much I appreciate _____

success

ASPIRE

This is who I want to be today...

reviewed
How I did...

ACTION

Today I choose this to do differently...

reviewed
How I did...

PLAN

My most important tasks today are...

- 1 _____
- 2 _____
- 3 _____

reviewed

ATTITUDE

One thing to remember today is...

reviewed

DATE: / /

morning

GRATITUDE

Today I am thankful for...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

APPRECIATION

Today I will let _____ know how much I appreciate

ASPIRE

This is who I want to be today...

ACTION

Today I choose this to do differently...

PLAN

My most important tasks today are...

- 1 _____
- 2 _____
- 3 _____

ATTITUDE

One thing to remember today is...

evening

GRATITUDE

reviewed

APPRECIATION

success

ASPIRE

reviewed
How I did...

ACTION

reviewed
How I did...

PLAN

reviewed

ATTITUDE

success

DATE: / /

GRATITUDE

Today I am thankful for...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

reviewed

APPRECIATION

Today I will let _____ know how much I appreciate

success

ASPIRE

This is who I want to be today...

reviewed *How I did...* _____

ACTION

Today I choose this to do differently...

reviewed *How I did...* _____

PLAN

My most important tasks today are...

- 1 _____
- 2 _____
- 3 _____

reviewed

ATTITUDE

One thing to remember today is...

success