

# Morning

Date

Sit in silence for 5 minutes. Focus on your breathing, and let your thoughts pass. If you can't do 5 minutes, do 2 minutes.

What are three things you are thankful for?

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Stop, and feel the gratitude for these things.

What are you looking forward to?

Nothing? Go create something that you will look forward to!

What do you want to learn about today?

Set 3 goals for today. Tick them off tonight if you achieve them.

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Where can you create fun today?

What can you acknowledge about yourself?

My life is totally awesome because...

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# Evening

Sit in silence for 5 minutes. Focus on your breathing, and let your thoughts pass. If you can't do 5 minutes, do 2 minutes.

Write down three things that went well today.

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Think about why these things went well.

What have you achieved today?

Who did you connect with today?

Describe a positive emotion you felt today, and when it occurred.

What three things did you really enjoy today?

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How were you kind today?

Describe something you saw today that was beautiful.



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