



DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*On their deathbeds, people don't think about their work or their life experiences or the items remaining on their to-do list. They think about love and family.*

**RICK RUBIN**

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

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DATE \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

*Those that are a friend to themselves are sure to be a friend to all.*

**LUCIUS ANNAEUS SENECA**

*I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Daily affirmations. I am...*

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*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

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*3 Amazing things that happened today...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How could I have made today better?*

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