



DATE ____ / ____ / 20____

He who has a why to live for can bear with almost any how.

VICTOR FRANKL

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



DATE ____ / ____ / 20____

By facing fear you've opened to a love great enough to hold the fearful one inside you.

TARA BRACH

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?
