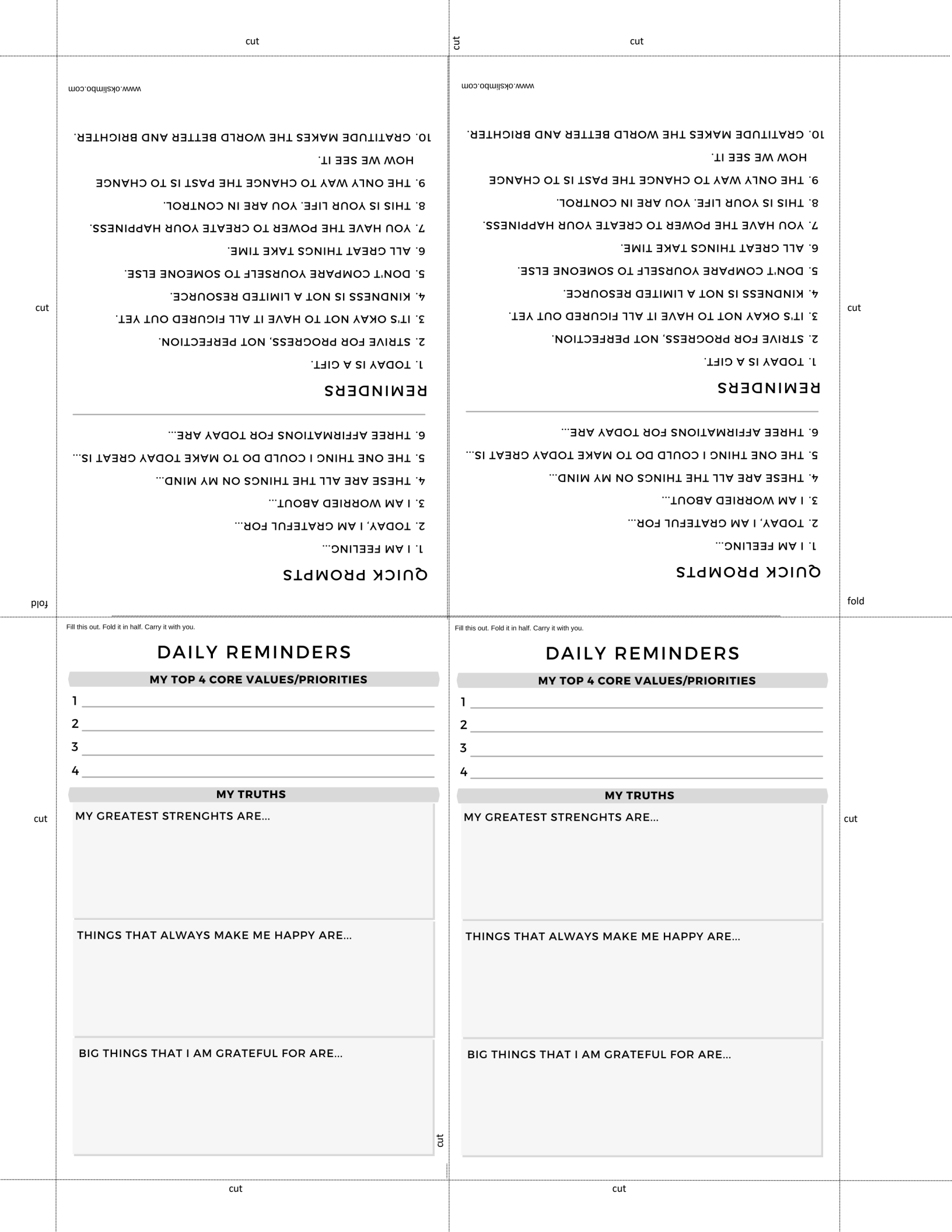




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1. TODAY IS A GIFT.
2. STRIVE FOR PROGRESS, NOT PERFECTION.
3. IT'S OKAY NOT TO HAVE IT ALL FIGURED OUT YET.
4. KINDNESS IS NOT A LIMITED RESOURCE.
5. DON'T COMPARE YOURSELF TO SOMEONE ELSE.
6. ALL GREAT THINGS TAKE TIME.
7. YOU HAVE THE POWER TO CREATE YOUR HAPPINESS.
8. THIS IS YOUR LIFE. YOU ARE IN CONTROL.
9. THE ONLY WAY TO CHANGE THE PAST IS TO CHANGE HOW WE SEE IT.
10. GRATITUDE MAKES THE WORLD BETTER AND BRIGHTER.

REMINDERS

1. I AM FEELING...
2. TODAY, I AM GRATEFUL FOR...
3. I AM WORRIED ABOUT...
4. THESE ARE ALL THE THINGS ON MY MIND...
5. THE ONE THING I COULD DO TO MAKE TODAY GREAT IS...
6. THREE AFFIRMATIONS FOR TODAY ARE...

QUICK PROMPTS

Fill this out. Fold it in half. Carry it with you.

DAILY REMINDERS

MY TOP 4 CORE VALUES/PRIORITIES

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

MY TRUTHS

MY GREATEST STRENGTHS ARE...

THINGS THAT ALWAYS MAKE ME HAPPY ARE...

BIG THINGS THAT I AM GRATEFUL FOR ARE...

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