



I am so proud of you for committing to a limitless lifestyle. **Learning** how to overcome your limitations is a *choice*, and you're making the right one! Use this journaling sheet to consider your feelings, how your day went, all that you are grateful for, and **imagine** what you want to achieve tomorrow. Soon, this journaling task will transfer into your daily thinking.

Today, I feel...

My favorite part of today was...

I am grateful for...

Tomorrow, I want to:
