

Before I start, write down 3 – things I am grateful for:

Things I am grateful for:

**THINGS
TO DO**

TODAY

Date _____

COMPLETED

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Now, get on with the day.....