



## Answer these questions in the morning.

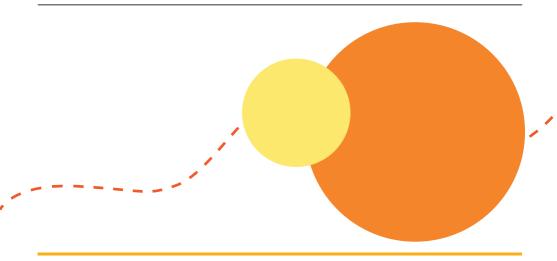
	What am I looking forward to today?
43	What am I grateful for today?



## What emotions am I feeling that are helping me today?



What positive affirmation am I going to say today?



## Answer these questions at the end of the day.

