

10 minutes to RECOGNIZE THE GOOD STUFF

DATE: _____

THINGS, PEOPLE, AND PLACES
YOU ADORE:

- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____

ONE THING YOU'VE WORKED
HARD TO ACHIEVE:

ONE THING THAT'S GOING
WELL RIGHT NOW:

TWO SUBJECTS OR PURSUITS YOU'RE PASSIONATE ABOUT:

TWO PEOPLE YOU CAN COUNT ON FOR WARM HUGS AND KIND WORDS:

THREE THINGS TO LOOK FORWARD TO:

_____ _____ _____
_____ _____ _____