

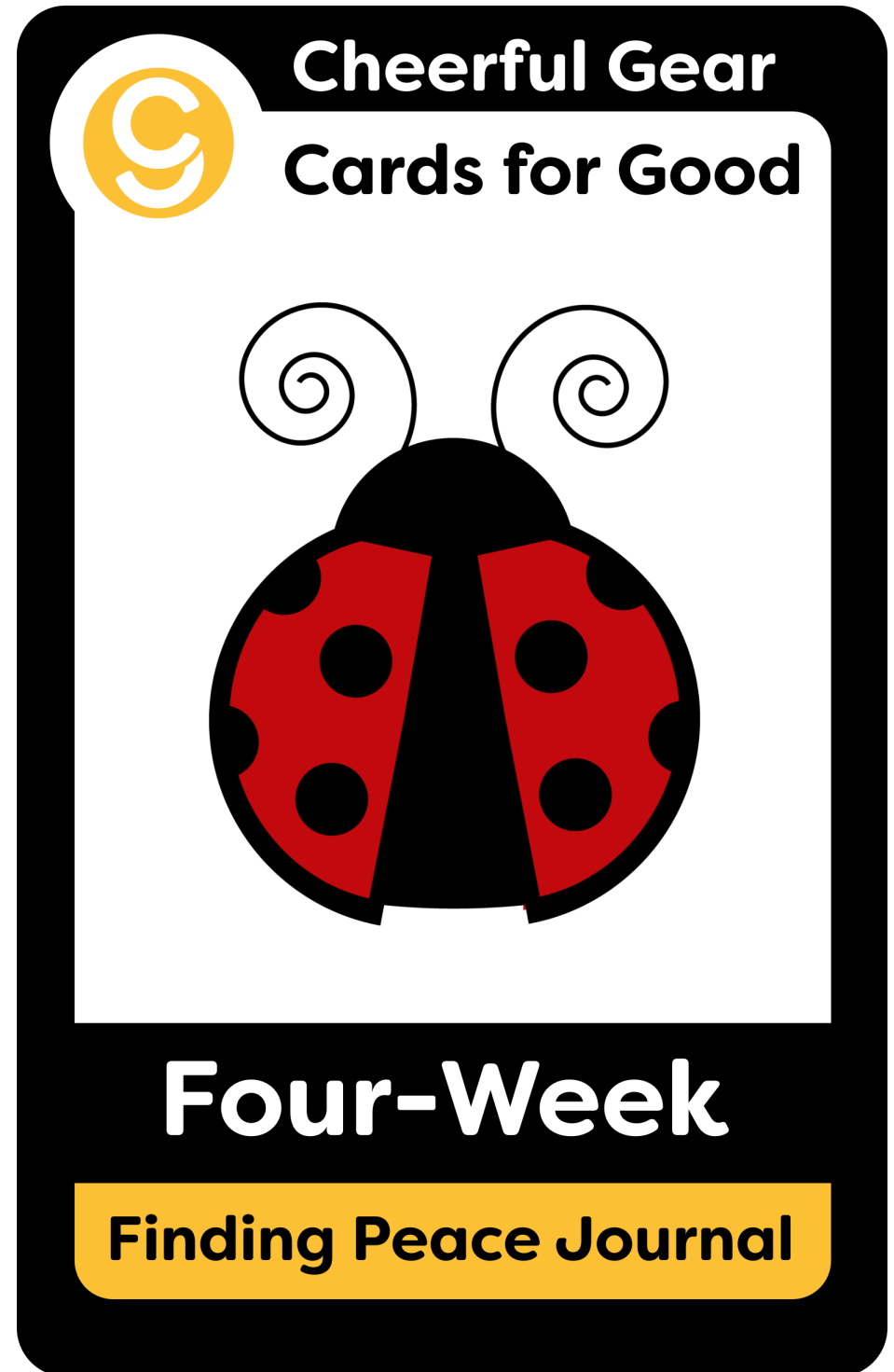
This journal was produced as a side-fold booklet.

- Print on 8.5 x 11 paper (landscape)
- Print on both sides (flip on short edge)
- Arrange and fold based on the page numbers

To learn more about the
Cheerful Gear Cards for Good Emotional Health

visit cheerfulgear.com


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Day 1 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Confide
in
Others
and
Ask for
Help



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Contact
a Friend or
Loved One



















Cards for Good
© Cheerful Gear

I will let these people know about my grief:

I am also grateful today because:


Today I was able to:

| | | | |
|---|---|---|---|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  |


Day 28 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Confide
in
Others
and
Ask for
Help




Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Contact
a Friend or
Loved One



Cards for Good
© Cheerful Gear

I will let these people know about my grief:

I am also grateful today because:

Today I was able to:

| | | | |
|---|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL (in real life)</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 2 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



These Feelings Are Temporary



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Engage in a Favorite Activity



































Cards for Good
© Cheerful Gear

I did this favorite activity today:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p>  <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p>  <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 27 ____ / ____ / ____

Today's Encouragement

INSPIRATION: Peace



I Choose
to Have a
Calm Spirit
So That I can
Bring Peace
to This Current
Circumstance



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Let Go



















Cards for Good
© Cheerful Gear

This is a happy memory:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 3 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad




It
Will
Get
Better




Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Listen
to
Your
Favorite
Music



Cards for Good
© Cheerful Gear

This is a song that makes me happy:

I am also grateful today because:


Today I was able to:

| | | | |
|---|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL (in real life)</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 26 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad




Loss
Is a
Normal
Part of
Life




Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Look
Forward
Not
Backward



















Cards for Good
© Cheerful Gear

This is something I am looking forward to:

I am also grateful today because:

Today I was able to:

| | | | |
|---|---|---|---|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  |

Day 4 _____ / _____ / _____


Today's Encouragement

Today's Activity

EMOTIONS: Sad



Give Yourself
a
Day Off
from
Grieving



Cards for Good
© Cheerful Gear

ACTIVITIES: On Demand



Treat Yourself
to
Something
Special



Cards for Good
© Cheerful Gear

This was a special treat today:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 25 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Give Yourself
a
Day Off
from
Grieving



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Treat Yourself
to
Something
Special



Cards for Good
© Cheerful Gear

This was a special treat today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 5 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



The Sun Will Shine Again



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Get Active Outdoors



Cards for Good
© Cheerful Gear

I did this outdoors today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 24 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



These Feelings Are Temporary



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Engage in a Favorite Activity



Cards for Good
© Cheerful Gear

I did this favorite activity today:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 6 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad




Loss
Is a
Normal
Part of
Life




Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Look
Forward
Not
Backward



Cards for Good
© Cheerful Gear

This is something I am looking forward to:

I am also grateful today because:

Today I was able to:

| | | | |
|---|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL (in real life)</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 23 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



It
Will
Get
Better



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Do
Something
Creative



































Cards for Good
© Cheerful Gear

I did this something creative I did today:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p>  <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p>  <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 7 _____ / _____ / _____

Today's Encouragement

INSPIRATION: Peace



I Choose
to Have a
Calm Spirit
So That I can
Bring Peace
to This Current
Circumstance



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Let Go



















Cards for Good
© Cheerful Gear

This is a happy memory:

I am also grateful today because:

Today I was able to:

| | | | |
|---|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL (in real life)</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 22 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



The Sun Will Shine Again



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Get Active Outdoors



















Cards for Good
© Cheerful Gear

I did this outdoors today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 8 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad

Think About the Things You Are Grateful For

Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand

Write in Your Gratitude Journal

Cards for Good
© Cheerful Gear

ACTIVITIES: On Demand

Read Your Gratitude Journal

Cards for Good
© Cheerful Gear

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 21 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Think About the Things You Are Grateful For



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Write in Your Gratitude Journal



Cards for Good
© Cheerful Gear

ACTIVITIES: On Demand



































Read Your Gratitude Journal



Cards for Good
© Cheerful Gear

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p>  <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p>  <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p>  <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 9 _____ / _____ / _____

Today's Encouragement

EMOTIONS: Sad



It
Will
Get
Better



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Watch
Something
Uplifting
or Funny



















Cards for Good
© Cheerful Gear

Watching this makes me happy:

I am also grateful today because:

Today I was able to:


| | | | |
|---|---|---|---|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  |

Day 20 ____ / ____ / ____


Today's Encouragement

Today's Activity

EMOTIONS: Sad




Loss
Is a
Normal
Part of
Life




Cards for Good
© Cheerful Gear

ACTIVITIES: On Demand



Look
Forward
Not
Backward



















Cards for Good
© Cheerful Gear

This is something I am looking forward to:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |


Day 10 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Confide
in
Others
and
Ask for
Help



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Contact
a Friend or
Loved One



















Cards for Good
© Cheerful Gear

I will let these people know about my grief:

I am also grateful today because:

Today I was able to:


| | | | |
|---|---|---|---|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  |

Day 19 _____ / _____ / _____


Today's Encouragement

Today's Activity

EMOTIONS: Sad




Confide
in
Others
and
Ask for
Help



Cards for Good
© Cheerful Gear

ACTIVITIES: On Demand



Contact
a Friend or
Loved One



















Cards for Good
© Cheerful Gear

I will let these people know about my grief:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 11 _____ / _____ / _____

Today's Encouragement

EMOTIONS: Sad



Give Yourself
a
Day Off
from
Grieving



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Treat Yourself
to
Something
Special



















Cards for Good
© Cheerful Gear

This was a special treat today:

I am also grateful today because:


Today I was able to:

| | | | |
|---|---|---|---|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  |


Day 18 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



Give Yourself
a
Day Off
from
Grieving



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Treat Yourself
to
Something
Special



Cards for Good
© Cheerful Gear

This was a special treat today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 12 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



These Feelings Are Temporary



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Complete a Simple Project or Task



Cards for Good
© Cheerful Gear

This is a project I completed today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 17 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



The Sun Will Shine Again



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Get Active Outdoors



Cards for Good
© Cheerful Gear

I did this outdoors today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 13 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



The Sun Will Shine Again



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Get Active Outdoors



Cards for Good
© Cheerful Gear

I did this outdoors today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |

Day 16 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



These Feelings Are Temporary



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Spend Time with a Friend or Loved One



















Cards for Good
© Cheerful Gear

I spent time with these people today:

I am also grateful today because:


Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |


Day 14 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad




Loss
Is a
Normal
Part of
Life




Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Look
Forward
Not
Backward



















Cards for Good
© Cheerful Gear

This is something I am looking forward to:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p> <p>Get Plenty of Sleep</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Eat Healthy Food</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Drink Enough Water</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p> <p>Exercise</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p> <p>Interact with Other People IRL <small>(in real life)</small></p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Contact a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Engage in a Favorite Activity</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Listen to Your Favorite Music</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Treat Yourself to Something Special</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Get Active Outdoors</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Look Forward Not Backward</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Let Go</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |
| <p>ACTIVITIES: On Demand</p> <p>Watch Something Uplifting or Funny</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Complete a Simple Project or Task</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Spend Time with a Friend or Loved One</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p> <p>Do Something Creative</p> <p>Cards for Good © Cheerful Gear</p>  <input type="checkbox"/> |

Day 15 ____ / ____ / ____

Today's Encouragement

EMOTIONS: Sad



It
Will
Get
Better



Cards for Good
© Cheerful Gear

Today's Activity

ACTIVITIES: On Demand



Engage
in a
Favorite
Activity



































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I did this favorite activity today:

I am also grateful today because:

Today I was able to:

| | | | |
|--|--|--|--|
| <p>BEHAVIORS: Every Day</p>  <p>Get Plenty of Sleep</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Eat Healthy Food</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Drink Enough Water</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>BEHAVIORS: Every Day</p>  <p>Exercise</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
| <p>BEHAVIORS: Every Day</p>  <p>Interact with Other People IRL <small>(in real life)</small></p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Contact a Friend or Loved One</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Engage in a Favorite Activity</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> | <p>ACTIVITIES: On Demand</p>  <p>Listen to Your Favorite Music</p>  <p>Cards for Good © Cheerful Gear</p> <input type="checkbox"/> |
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