

DATE

TODAY	I'M	GRA	TEF	IJL	FOR

TODAY I'M GRATEFUL FO	R		
1	2		3
THINGS THAT MADE ME S			
SOMETHING THAT INSPIRED ME TODAY		PEOPLE I'M TO HAVE IN	I GRATEFUL I MY LIFE
Daily Affirmation	ι		
NOTES & FREE THOUGH	TS		



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WEEKLY REFLECTIONS

WEEK: MONTI	H: YEAR:
THINGS THAT I AM MOST GRATEFUL THIS WEEK	
WEEKLY WINS	GOALS FOR NEXT WEEK
ACCOMPLISHED GOALS	HAS THIS WEEK BROUGHT FULFILLMENT AND ROOM FOR PRESENCE?
	O-O-O
	NO MORE OR LESS YES
	HOW HAVE I FELT THIS WEEK?
	GOOD NOT GOOD

lacktriangled TO START \bigcirc OK \bigcirc DELAY \bigcirc STUCK \bigcirc CANCEL

