

Date \_\_\_\_\_

## *Morning*

I'm grateful for \_\_\_\_\_

\_\_\_\_\_

I'm excited about \_\_\_\_\_

I am \_\_\_\_\_

\_\_\_\_\_

Aspiration: \_\_\_\_\_

## *Evening*

Acts of kindness/connection/presence: \_\_\_\_\_

\_\_\_\_\_

I'm proud \_\_\_\_\_

Memorable moments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_