

ToDay List

Date: _____

ToDay, I am grateful for:

1. _____
2. _____
3. _____

ToDay, I will see the following things completed:

- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)
- _____ (from _____ to _____)

ToDay, I'm drinking water:

- 8oz
- 8oz
- 8oz

- 8oz
- 8oz
- 8oz

- 8oz
- 8oz