

MY DAILY MOMENTS OF JOY



The human brain has a bias to the negative, so reflect on 3 positives from the day (no matter how small) to 'help re-wire' the bias.

MONTH

WEEK NO.

MONDAY

Three nice moments today were:

Other reflections:

TUESDAY

Three nice moments today were:

Other reflections:

WEDNESDAY

Three nice moments today were:

Other reflections:

THURSDAY

Three nice moments today were:

Other reflections:

FRIDAY

Three nice moments today were:

Other reflections:

SATURDAY

Three nice moments today were:

Other reflections:

SUNDAY

Three nice moments today were:

Other reflections:

REFLECTIONS

What are the things I would like to *schedule next week* to ensure I have something to *look forward to*, and something that will bring me *joy*?