

Day:

Meditated Hydrated Exercised Rested

PLANNER

As I begin this day, I am grateful for:

- 1.
- 2.
- 3.

The Day

Exercise Today

Self-Compassion.....

Loved Laughed Engaged

JOURNAL

The Journal

Of Others

Three Good Things Today (and Why)

- 1.
- 2.
- 3.

Kindness.....

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