

THIS WEEK WAS GREAT BECAUSE I...

My Body

- slept 6-8 hours
- woke up on time
- went to bed on time
- took my vitamin
- ate my veggies
- did stretches
- worked out

My Mind

- meditated/prayed
- practiced mindfulness
- made my bed
- saw the sun rise/set
- worked on a puzzle
- wrote in my journal
- read a book

My Life

- got good news
- finished a special project
- meal prepped
- tidied/cleaned
- reviewed my goals
- updated my planner
- worked on something I was avoiding

My Family & Friends

- sent a nice message
- made someone smile
- helped a stranger
- helped a friend
- gave a compliment
- talked to someone new
- caught up with someone

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My Body

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My Mind

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My Life

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My Family & Friends

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