

DATE: / /

S M T W T F S

TODAY I'M GRATEFUL FOR:	
1.	
2.	
3.	
WATER INTAKE	TODAY'S AFFIRMATION
\( \bigcap_1 \\  \bigcap_2 \\  \bigcap_3 \\  \bigcap_4 \\  \bigcap_5 \\  \bigcap_6 \\  \bigcap_7 \\  \  \  \  \  \  \  \  \  \  \  \  \	
MOOD  OUT OF THE SAD HAPPY EXCITED	
NOTES/REMINDER:	FOR TOMORROW