



"Do something today your future self will thank you for"

DATE:

TODAY'S GOAL
Reward:

WHAT WILL I DO TO FEEL GOOD TODAY?
1.
2.
3.
4.
5.

WHAT AM I GRATEFUL FOR?
1.
2.
3.
4.
5.

VICTORIES TODAY
1.
2.
3.

WHAT DID I LEARN TODAY?
1.
2.
3.

HOW DID I LOVE MYSELF TODAY?
1.
2.
3.

HOW DID I LOVE & GIVE TODAY?
1.
2.
3.

Notes:



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