

Self MOTIVATION

♥ DATE: _____

♥ I AM GRATEFUL FOR:

1

2

3

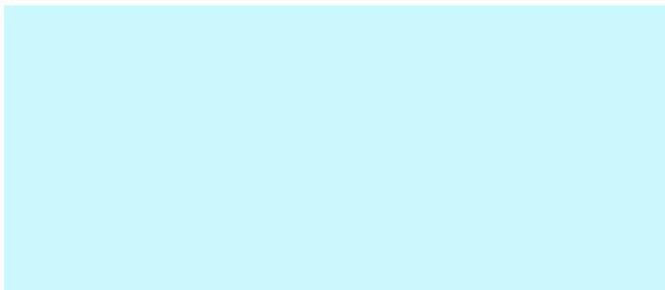
♥ WHAT WOULD I LOVE TO DO TODAY:

1

2

3

♥ FAVS ABOUT OF MYSELF



♥ MOST AMAZING THING THAT HAPPENED TODAY:

1

2

3

♥ WHAT ARE MY GOALS FOR TOMORROW?

1

2

3

♥ HOW COULD I HAVE MADE TODAY BETTER?

1

2

3