

GRATITUDE

What are you grateful for today?

- Coffee
- Beautiful weather
- Slept well
- My health

GOALS

What are your goals and intentions for the day or week?

- Be present
- Eat well
- Do laundry
- Call a friend?

4 G'S JOURNALING EXERCISE FOR WELL-BEING

GOOD JOB!

What did you do well or receive praise for today?

- Went for a run
- Got up on the first alarm
- Ate a healthy breakfast
- Leah said she's proud

GREAT EXPECTATIONS

What are you looking forward to?

- Yoga class
- Nap
- Dinner with friends
- My favorite show is back

5 MINUTES A DAY!