

*"When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love."* **Marcus Aurelius**

Today I am grateful for:

*My Journal space...*

*\*If this page is empty...view your supporting prompts page!*

### 3 Good things that happened today...

A moment for myself...

*E. B. White*

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

A moment for myself...

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*"Either you run the day, or the day runs you." Jim Rohn*

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### 3 Good things that happened today...

A moment for myself...

*"Give every day the chance to become the most beautiful day of your life." Mark Twain*

Today I am grateful for:

My Journal space...

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### 3 Good things that happened today...

A moment for myself...

*"Turn your wounds into wisdom." Oprah Winfrey*

Today I am grateful for:

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### 3 Good things that happened today...

A moment for myself...

*"If you wait, all that happens is that you get older."* **Mario Andretti**

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### 3 Good things that happened today...

A moment for myself...

# Check-In

**STEP 1** *Your Wins / List all of the good things that happened the past few days.*

**STEP 2** *What will you Stop - Start - Improve over the next few days?*

Stop	Start	Improve

**STEP 3** *Rate the past few days / How do you feel this went?*

1

2

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4

5

6

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8

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10

**STEP 4** - *Journal any other thoughts or feelings reflecting on the past few days... or journal your thoughts towards the next few days going forward...*

**STEP 5** - *Create some positive habits going forward...*

Track your habits to reflect on your progress