

Gratitude & Positivity

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

Today, I am grateful for:

1.	
2.	
3.	
4.	

I used my imagination today in a positive way. What I saw:

"Logic will take you from A to B. Imagination will take you everywhere."

-Albert Einstein

Stress Less / Things I worry about:

1.	
2.	
3.	
4.	

In my control?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

"Ask of what we stress about never happens!"

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Positive Affirmations



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