| OUR NAME: | DAY: |
|---|--|
| DACH: | DATE: |
| "My body is healthy and functioning in a very good way." | TODAY, I'M GRATEFUL FOR: |
| DUCTION: | ur mind • Enjoy nature's scenery, and take in everything around you |
| ne thing I did foryself today is: | |
| he obstacle(s) that | |
| low I overcame, proper plan to overcome the obstacle(s) if they happen again: | |
| Notes or Questions | |
| MY GOAL FOR TOMORROW IS: | |
| | MOITARGYH THE PROPERTY OF THE |
| | |
| | |

Mall Mall biz