Date:	
I felt proud of myself today when:	
Three things that made me feel peaceful today:	
•	
•	
•	
I enjoyed:	
3 small successes I had today were:	
•	
•	
•	
The highlight of my day was:	
My best attribute today was:	
3 unique things about me are:	
•	
•	
•	
I'm excited for:	
3 things I am thankful for:	
•	

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