

Daily Reflections

Date _____



***Begin** each day with reflections on your feelings and intentions set your goals with joy, thanksgiving, playfulness and laughter.*

Today I want to feel:

Today I am thankful for:

To include joy, laughter and playfulness in my day I plan on:

***Complete** each day with reflection on your accomplishments, lessons, insights, and celebrations. Give thanks and sleep well.*



Today I felt:

Today I experienced and accomplished:

Today I am most grateful for:
