

DATE:		S	M	T	W	Т	F'	S
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TIME:	MOOD:				( ) )	(1) P		
Today's Affirmations:	•							
What are you grateful for today?	•							
	11000							

	•		
TIME:	MOOD:		
What was good about today?	•		
What are you looking forward to tomorrow?	•		
NOTEC/DE			

## NOTES/REMINDERS:

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