

DATE

HABIT

PREPARE — PRIORITY

1

2

3

TO-DO

[List of 8 empty to-do items]

I AM GRATEFUL FOR

1  
2  
3

I'M LOOKING FORWARD TO

[Large empty box for looking forward to]

06  
07  
08  
09  
10  
11  
12  
01  
02  
03  
04  
05  
06  
07  
08  
09  
10

THEME

WAYS I CAN GIVE

REFLECT

HIGHLIGHTS

1  
2  
3

I WAS AT MY BEST WHEN

1  
2  
3

I FELT UNREST WHEN

ONE WAY I CAN IMPROVE TOMORROW

[Dotted grid for improvement ideas]

