

Date: _____ 2017

Today I am grateful for:

- 1
- 2
- 3

3 Things I hope will happen today

- 1
- 2
- 3

8 Ideas:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

3 Awesome moments today

- 1
- 2
- 3

How can I make tomorrow better?

| <i>Actions</i> | <i>Outcomes</i> | <i>Planning</i> |
|----------------|-----------------|------------------|
| | | 8.00 |
| | | 9.00 |
| | | 11.00 |
| | | 12.00 |
| | | 13.00 |
| Why | | 14.00 |
| | | 15.00 |
| | | 16.00 |
| | | 18.00 |
| | | 19.00 |
| | | 20.00 |
| Why | | <i>Reach out</i> |
| | | |
| | | |
| | | |
| | | |
| Why | | |

Things: