



DAILY GRATITUDE

/ /

WHY IS IT IMPORTANT TO SLOW DOWN TODAY?

I FOUND JOY IN THESE THINGS

- 1 _____
- 2 _____
- 3 _____

“Gratitude is a powerful neutralizer of stress”.

- Christa Sterken

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

