

Daily Reflection

	Today, I am grateful for these three things	Date:
	1. 2.	Water:
	3.	Exercise:
T	${\it ay}$ this good thing happened to me and I appreciate it because:	
1		
	Oday this not so good thing happened to me and this is h	now I handled it:
T	oday this thing made me happy:	
7	oday I discovered this about myself:	