

40 Day LoveFest

52-week Be Happier in 2 Minutes a Day LoveFest Journal



What if...

- you looked in the mirror and saw no flaws?
- your first responses were less negative?
- you didn't criticize yourself?
- you doubted yourself less?
- you didn't have to "put on" a happy face?

What if life was easy instead of hard?

Practicing the 40 Day LoveFest is the first step!

What is the 40 Day LoveFest?

It's a powerful, yet simple practice and with support and commitment, you'll have...

- improved attitude
 - better relationships
 - better and easier decision making
 - natural positive thinking
 - improved and easier success in any goal you set!
- ... all after just 40 days!

This free journal can get you started!

Visit www.40DayLoveFest.com to learn more or for links to purchase and read one of our 40 Day LoveFest books.

The basics....

1. Say "I love you" to yourself as least once a day.
2. Identify three things you are grateful for every day.
3. Recognize three triumphs or successes every day: big or small! Maybe waking up on time is a triumph, or that you didn't get into an argument when you got mad... triumphs are anything that went well!

Week 1: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

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Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

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Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 2: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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- 3.

Tuesday: I am grateful for:

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Today's triumphs include:

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Wednesday: I am grateful for:

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Today's triumphs include:

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Today's triumphs include:

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Week 3: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

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Today's triumphs include:

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Tuesday: I am grateful for:

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Today's triumphs include:

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Wednesday: I am grateful for:

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Today's triumphs include:

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Thursday: I am grateful for:

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Today's triumphs include:

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Today's triumphs include:

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Week 4: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

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Today's triumphs include:

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Tuesday: I am grateful for:

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Today's triumphs include:

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Wednesday: I am grateful for:

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Today's triumphs include:

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Week in Review

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Week 5: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

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Tuesday: I am grateful for:

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Today's triumphs include:

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Wednesday: I am grateful for:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 6: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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Tuesday: I am grateful for:

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Today's triumphs include:

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Wednesday: I am grateful for:

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Today's triumphs include:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 7: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

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Week 8: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

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Today's triumphs include:

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Week 9: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

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- 3.

Today's triumphs include:

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At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

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Week 10: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

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- 3.

Today's triumphs include:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 11: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
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Today's triumphs include:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 12: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

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Today's triumphs include:

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At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 13: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 14: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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Tuesday: I am grateful for:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 15: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
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Tuesday: I am grateful for:

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Today's triumphs include:

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Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 16: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
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Today's triumphs include:

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- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 17: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 18: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 19: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 20: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 21: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 22: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 23: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 24: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 25: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 26: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 27: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 28: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 29: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 30: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 31: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 32: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 33: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 34: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 35: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 36: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 37: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 38: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 39: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 40: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 41: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 42: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 43: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 44: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 45: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 46: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 47: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 48: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 49: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 50: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 51: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week:

Week 52: Each morning, write three things you are grateful for. Each evening, recall three triumphs from the day - remember the little things count!

Monday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Tuesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Wednesday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Thursday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Friday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Saturday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

Sunday: I am grateful for:

- 1.
- 2.
- 3.

Today's triumphs include:

- 1.
- 2.
- 3.

SAY "I love you" aloud to yourself in the mirror each day!

Week in Review

At the end of each week, recall how you felt, notice things that went well, that you enjoyed, people that you were happy to spend time with, people who appreciated you, what excited you... also notice things that maybe you didn't expect to happen, but did. Do this for work, personal, family, whatever feels right for you. This will help you create your intentions for the following week and adjust your personal and business goals and plans.

Maybe as you review, you notice things that you'd like to improve, include them along with other items in your Intentions for next week: