

What I dreamt about last night: _____

PREPAVE

What I want to feel today:

- | | |
|--------------|------------|
| joy | flow |
| appreciation | ease |
| empowered | peace |
| free | confidence |
| love | bold |
| passion | courageous |
| enthusiasm | fearless |
| eagerness | inspired |
| happiness | successful |
| belief | delight |
| optimism | _____ |

Today I intend: _____

Wouldn't it be nice if...

I love it when _____

My wish is _____

I'm creating the version I want. In the version I want, _____

APPRECIATE

What I like about myself:

What I like about someone else:

What someone else likes about me:

20 tiny details I like about my day

1. _____ 11. _____

2. _____ 12. _____

3. _____ 13. _____

4. _____ 14. _____

5. _____ 15. _____

6. _____ 16. _____

7. _____ 17. _____

8. _____ 18. _____

9. _____ 19. _____

10. _____ 20. _____

Best part of my day so far:

Counting High Score (how high can you count before your next thought?)

ACT

To-do

For each item, think about how you'll feel when it's done then check it off your list. When you feel how you'll feel when it's done, it's already done.

To-do	How you'll feel
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
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<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

3 Acts of Kindness

1. _____

2. _____

3. _____

Notes:

What I want to dream about tonight: _____