







daily reflection

S M T W T h F S

date

WEATHER

hi _____ lo _____

ACTIVITIES IN MY DAY

A M | P M

DID I MAKE TIME FOR REST TODAY?

HIGHS ↑↑↑

LOWS ↓↓↓

SOMEONE I'M GRATEFUL FOR & WHY

name

SOMETHING I WANT TO REMEMBER



GRATITUDES

- ①
- ②
- ③