Did you try to challenge your negative thoughts		Date:
Did you spend time with family or friends today Did you try to challenge your negative thoughts' Did you take at least a one hour social media brea Did you do one or more thing you love today? What are you grateful for today? I. 2. 3. 4.		Did you meditate for five or more minutes?
Did you try to challenge your negative thoughts' Did you take at least a one hour social media brea Did you do one or more thing you love today? What are you grateful for today? I. 2. 3. 4.		Did you get 7-9 hours of sleep?
Did you take at least a one hour social media breading you do one or more thing you love today? What are you grateful for today? I. 2. 3. 4.		Did you spend time with family or friends today?
Did you do one or more thing you love today? What are you grateful for today? I. 2. 3. 4.		Did you try to challenge your negative thoughts?
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I		Did you do one or more thing you love today?
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