

Goal of the day:

Date:

- Did you meditate for five or more minutes?
- Did you get 7-9 hours of sleep?
- 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 break?
- Did you do one or more thing you love today?

What are you grateful for today?

1. _____
2. _____
3. _____
4. _____
5. _____