



Today's date: \_\_\_\_\_

My intention is:

I would feel **good (relieved or lighter)** about today *if I did nothing else but:*

What else do I hope to get done today?

What are the 3 most important things to get done TODAY?

- 1) \_\_\_\_\_ Tiny action? \_\_\_\_\_
- 2) \_\_\_\_\_ Tiny action? \_\_\_\_\_
- 3) \_\_\_\_\_ Tiny action? \_\_\_\_\_

Today I will take care of my body, mind, or spirit by:

Today I am grateful for:

