

Part 1: Cleanse and Learn from Yesterday

Write this sentence : **This is the space I choose to give myself with no judgment - here I am allowed to feel everything.**

Choose an emotion from the list and reflect:

1. Happiness
2. Sadness
3. Fear
4. Shame
5. Love
6. Surprise
7. Pride
8. Any other feeling is ok too

Reflect:

1. What brought up this emotion? Can you remember the trigger?
2. Is there another way to look and interpret the situation?
3. Can I approach the situation with compassion?
4. Would I want things to be different next time ? How would I want them to be?

Part 2: Intentional Planning and Gratitude for the Day Ahead

Things I am grateful For:

1. I'm grateful for _____
2. I'm grateful for _____
3. I'm grateful for _____
4. I'm grateful for _____
5. I'm grateful for _____

What Today Looks like:

write down in present tense (For example: today I am cooking a healthy dinner)

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