

# Daily Reflection

Today I am grateful for these three things...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Achievements of the day:

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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