

10 MINUTES

to reflect on your day

Two skills/strengths you put to good use today:

Two ways you used them:

1. _____

2. _____

Three things you can see, hear, or touch right now:

1. _____

2. _____

3. _____

Things you are grateful for:

People you are grateful for:

How you can show your gratitude:

One moment to remember:
