

Start Your Day with Gratitude

5 things you are grateful for

- _____
- _____
- _____
- _____
- _____

Intentions:

- 1 _____
- 2 _____
- 3 _____

Actions Steps:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Remember:

Who is involved?

What do you want to accomplish?

When?

Where?

Why?

Which requirements and constraints exist?
