The Daily Dozen

DAILY DOZEN

What 3 good things happened within the last 24 hours? How did you contribute to them happening?

◊ __________________________________________
◊ __________________________________________
◊ __________________________________________

What are 3 challenges you are facing? What can you do to improve each challenge?

Challenge | Improvement
--------- | ----------------
◊ _____________ | ___________________
◊ _____________ | ___________________
◊ _____________ | ___________________

What are 3 things in which you are grateful (past or present)?

◊ __________________________________________
◊ __________________________________________
◊ __________________________________________
◊ __________________________________________

What 3 things might you be grateful for in the future?

◊ __________________________________________
◊ __________________________________________
◊ __________________________________________

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