



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?

- ◇ _____
- ◇ _____
- ◇ _____