The 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?

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<thead>
<tr>
<th>Challenge</th>
<th>Improvement</th>
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What are 3 things in which you are grateful (past or present)?

◊ __________________________________________________________
◊ __________________________________________________________
◊ __________________________________________________________
◊ __________________________________________________________

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

◊ __________________________________________________________
◊ __________________________________________________________
◊ __________________________________________________________