



Taking control of today!

Date

Today's goal / thought to live by

Three things I'm grateful for today

1

2

3

One thing I'm going to let go of today

One idea I'm going to put into motion

A household job I've been putting off

Fresh air power hour

One thing to nourish my mind

One thing to nourish my body

Three people I'm going to reach out to today

1

2

3

My act of kindness

One thing I've learnt today

One thing that's brought me joy