

☐ Meditated ☐ Hydrated ☐ Exercised ☐ Rested PLANNER As y begin this day, y am grateful for: 1. 2. 3. The Day	d
As J begin this day, J am grateful for: 1. 2. 3.	
1. 2. 3.	
2. 3.	
3.	
The Day	
Of Others	
Three Good Things Today (and Why)	
1.	
2.	
Exercise Today 3.	
Self-Compassion	<i>X</i> indness



☐ Meditated ☐ Hydrated ☐ Exercised ☐ Rested	☐ Loved ☐ Laughed ☐ Engaged
PLANNER	JOURNAL
As J begin this day, J am grateful for:	The Journal
1.	
2.	
3.	
The Day	
	Of Others
	Three Good Things Today (and Mhy)
Exercise Today	1. 2.
	3.
Self-Compassion	Lindness