



There are tiny good things in every day, even hard ones. Practicing noticing them rewires your brain a little, over time, to spot more good.

Today is: _____ My mood out of 10: _____

3 SMALL THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SOMEONE WHO MADE TODAY BETTER

Their name and what they did:

A TINY MOMENT I WANT TO REMEMBER

Could be the smell of breakfast, a joke, the way the light looked, anything...

OR DRAW IT INSTEAD

(a small doodle of today's good thing)