

Daily Vibes



Three healthy snacks:

I will complete these three tasks:

Three empty pink rectangular boxes for listing healthy snacks.

Three empty pink rectangular boxes for listing tasks to be completed.

Today I will celebrate:

A large empty pink rectangular box for celebrating the day.

Take some time and reflect on the many things that you are grateful for and list them below. *If you experience difficulty reflect on the positive qualities about yourself.*

Five horizontal pink lines for writing reflections.