

Date: _____

M T W T H F S S U

TODAY I AM GRATEFUL FOR: _____

Top Priorities

- _____
- _____
- _____

Free thought

[A large rectangular area with a dotted grid pattern for free writing.]

WATER INTAKE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes & Reminders

[A large rectangular area for notes and reminders.]