

*good*

# MORNING

REMEMBER: LIFE HAPPENS  
FOR YOU, NOT TO YOU



**3-5 Minutes of Meditation & Breathing**



**3 Things I'm Grateful For**



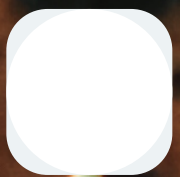
**Connect with Someone Through Appreciation**



**3-5 Minutes of Visualization**



**Look Over To Do List &  
Start on Hardest Task First**



**Do Something That Works  
Towards Your Goals**



**Move Your Body for 5 Minutes**