Day:

Yesterday I overcame these (small) hurdles:

Afterwards, this is how I felt:

Today I’m going to take a step towards this major goal:

For today to be an excellent day, all I need to do is:

In doing the tasks above, I am practicing these strengths:

Today I am thankful for:

In the future, I will do this better:

When

Then

I’m looking forward to tomorrow, because: