

Three Things That Will Improve Each of My Days

INSTRUCTIONS

- Carve out at least five minutes a day this week to do this exercise.
- Reflect on how the day prior went for you.
- Jot down three things you could do to make that day, a week from now, go more smoothly.

SUNDAY

- 1.
- 2.
- 3.

MONDAY

- 1.
- 2.
- 3.

TUESDAY

- 1.
- 2.
- 3.

WEDNESDAY

- 1.
- 2.
- 3.

THURSDAY

- 1.
- 2.
- 3.

FRIDAY

- 1.
- 2.
- 3.

SATURDAY

- 1.
- 2.
- 3.