

# MINDFUL MORNING

Date: \_\_\_\_\_



**What could I change from yesterday to make today better?**

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**3 things I'm grateful for...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**3 things that would make today great.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**What am I excited about today?**

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**Who can I help or surprise today without expecting anything in return?**



**What in my schedule today might be a challenge?**

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**Reflection on today's reading. This could be a quote, summary or something you learned.**

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**What might trip me up?**

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**What will I do when I approach this challenge?**

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