**Daily Journal/Log**

**Date:**

**Three to five things that went well today as a result of your direct or indirect efforts [be specific]**:

**One thing you are thankful/grateful for [be *very* specific]**:

**One thing that you will try to improve upon tomorrow:**

**“Extra credit”... Meditate for 10 minutes \_\_\_ Exercise for 20 minutes\_\_\_**

**“Doom scroll” for less than 20 minutes \_\_\_ Eat your vegetables \_\_\_**

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