

Daily Journal/Log

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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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