



Manon Joice
Skeena Coach

My Morning Gratitude Notes

3 AFFIRMATIONS

-
-
-

I AM LOOKING FORWARD TO

I AM AT MY HAPPIEST WHEN

I AM GRATEFUL FOR

.....

.....

.....

.....

.....

WHAT WOULD MAKE TODAY GREAT?

POSSITIVE QUOTE

.....

.....

.....

ACTS OF KINDNESS I WILL DO TODAY

SELF CARE ACTIVITIES