

CREATE A
positive life
PLANNER

Sandra Lynn
BURNETT



"You cannot have a positive life and a negative mind."

- Joyce Meyer

JANUARY

MY POSITIVE GOALS FOR JANUARY

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

JANUARY 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
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_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JANUARY 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JANUARY 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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2. _____

3. _____

JANUARY 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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3. _____

JANUARY 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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2. _____

3. _____

JANUARY 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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JANUARY 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

4. _____

5. _____

6. _____

"Every Day Brings New Choices."

- Martha Beck

February

MY POSITIVE GOALS FOR FEBRUARY

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

FEBRUARY 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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3. _____

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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FEBRUARY 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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2. _____

3. _____

" Love yourself. It is important to stay positive because beauty comes from the inside out."

- Jenn Proske

MARCH

MY POSITIVE GOALS FOR MARCH

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

MARCH 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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MARCH 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MARCH 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

" Your positive action combined with positive thinking results
in success." - Shiv Khera

APRIL

MY POSITIVE GOALS FOR APRIL

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

APRIL 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

APRIL 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

APRIL 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

- Lyndon B. Johnson

MAY

MY POSITIVE GOALS FOR MAY

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

MAY 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MAY 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

"Perpetual optimism is a force multiplier."

- Colin Powell

JUNE

MY POSITIVE GOALS FOR JUNE

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

JUNE 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JUNE 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

"Live life to the fullest and focus on the positive."

- Matt Cameron

JULY

MY POSITIVE GOALS FOR JULY

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

JULY 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

JULY 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

"Keep your face to the sunshine and you cannot see a shadow."

- Helen Keller

AUGUST

MY POSITIVE GOALS FOR AUGUST

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

AUGUST 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

AUGUST 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

AUGUST 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

AUGUST 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

AUGUST 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

AUGUST 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

AUGUST 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

"Delete the negative; accentuate the positive!"

- Donna Karan

SEPTEMBER

MY POSITIVE GOALS FOR SEPTEMBER

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

SEPTEMBER 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.	
2.	
3.	

SEPTEMBER 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.	
2.	
3.	

SEPTEMBER 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 19

MY POSITIVE THOUGHT OF THE DAY

Handwriting practice lines for the positive thought section.

THINGS TO DO TODAY

Handwriting practice lines for the things to do section.

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

Handwriting practice lines for the challenges section.

THREE THINGS I'M GRATEFUL FOR TODAY

Handwriting practice lines for the gratitude section, numbered 1, 2, and 3.

SEPTEMBER 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

SEPTEMBER 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

SEPTEMBER 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

"Positive thinking will let you use the ability which you have,
and that is awesome. - Zig Ziglar

OCTOBER

MY POSITIVE GOALS FOR OCTOBER

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

OCTOBER 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.	
2.	
3.	

OCTOBER 2

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

OCTOBER 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

OCTOBER 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

I surround myself with good people who make me feel great
and give me positive energy." - Ali Krieger

NOVEMBER

MY POSITIVE GOALS FOR NOVEMBER

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

NOVEMBER 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
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_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 16

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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2.

3.

NOVEMBER 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
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_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
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_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 25

MY POSITIVE THOUGHT OF THE DAY

Handwriting practice lines for the positive thought section.

THINGS TO DO TODAY

Handwriting practice lines for the things to do section.

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

Handwriting practice lines for the challenges section.

THREE THINGS I'M GRATEFUL FOR TODAY

Handwriting practice lines for the gratitude section, numbered 1, 2, and 3.

NOVEMBER 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

NOVEMBER 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

NOVEMBER 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

"In order to carry a positive action, we must develop a positive vision." - Dalai Lama

DECEMBER

MY POSITIVE GOALS FOR DECEMBER

STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

MY PROGRESS AND RESULTS

DECEMBER 1

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 3

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 4

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 5

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 6

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 7

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 8

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 9

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 10

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 11

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 12

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 13

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 14

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 15

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 17

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

_____	_____
_____	_____
_____	_____
_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

DECEMBER 18

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

DECEMBER 19

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 20

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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3.

DECEMBER 21

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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_____	_____

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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3. _____

DECEMBER 22

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 23

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 24

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 25

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 26

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 27

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 28

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 29

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 30

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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DECEMBER 31

MY POSITIVE THOUGHT OF THE DAY

THINGS TO DO TODAY

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CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

THREE THINGS I'M GRATEFUL FOR TODAY

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3.

Sandra Burnett is native of Raleigh, NC and lives part time in Santa Fe, NM



After graduating from Peace College in Raleigh, she moved near Liverpool, England and studied at Whiston Hospital for three years.

Most of her training was actually working with patients. During this time she also achieved the distinction of becoming the Chairman of The Royal College of Nursing at Whiston Hospital and graduated with a SRN degree. Burnett's specialized studies included the burns unit and midwifery ward.

Later Burnett became very passionate about health and nutrition. She owned and operated an award-winning catering company for 30+ years and was knighted in as a la Chaîne des Rôtisseurs Chef.

Burnett works independently now consulting and sharing strategic natural therapies with emphasis on nutrition with her clients.

For the latest health and wellness tips, please connect with Sandra's Premier Facebook Group at: facebook.com/sandralynnburnett

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CREATE A *Positive Life* PLANNER