

Positivity Planner

Make your Emotional Well-Being a Priority

Possibilities R Infinite

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Positivity Planner

Morning Possibilities R Infinite 

Daily Affirmation: What one thought do you need to keep reminding yourself in order to stay positive/ productive?



Imagery: What image do you think of to calm you, and restore you sense of peace (Often referred to as your happy place).

Total Essential Task:
The one task you must complete today to feel productive and successful day).



What are you looking forward today?



I AM : (choose wisely the **word (s)** you place after this statement **WILL** set the tone of your whole day!

I AM

What gifts does today have in store for me?



As I begin my day, my Heart is full of gratitude for:



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Evening Possibilities R Infinite 

What gifts did this day have in stored for me?



As I end my day, my heart is full of gratitude for:



Congratulations on making your emotional well-being/positive thinking a priority. List at least one way that positivity has changed/effected how you approach your day and the situations that you face.

Sleep soundly knowing that you are doing all you can to think positively in good moments and challenging ones! You are a positive role model for all around you!
Good night and sweet dreams,

Sharon

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