

CLOSING MY DAY

DATE:

3 WORDS TO DESCRIBE MY DAY:

- 1) 2) 3)



3 THINGS THAT DID NOT GO WELL TODAY:

.....

3 THINGS I DID WELL TODAY:

.....

WHAT I NEED TO LET GO OF (THINGS I DO NOT HAVE INFLUENCE OVER):

.....



THE BEST THING ABOUT TODAY WAS:

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.....



HOW COULD I HAVE MADE TODAY BETTER?

.....

WHAT WILL I FOCUS MY ENERGY ON TOMORROW? (THINGS I DO HAVE INFLUENCE OVER):

.....

3 THINGS I LOOK FORWARD TO TOMORROW:

.....



3 THINGS I AM GRATEFUL FOR TODAY:

- 1) 2) 3)

