# DAILY REVIEW

RATE MY DAY

☆ ☆ ☆ ☆ ☆

DATE: S M T W T F S

TODAY I'M GRATEFUL FOR:

1. _____

2. _____

3. _____

WATER INTAKE

1 2 3 4 5 6 7 8

MOOD

ANGRY TIRED SAD HAPPY EXCITED

NOTES:

FOR TOMORROW:

TODAY'S AFFIRMATION