





*Carpe Diem (n.) To make the most of the present time  
and give little thought to the future.*

**TODAY WOULD BE GREAT IF**

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**ONE GOAL FOR TODAY IS**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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**"IF YOUR  
ACTIONS INSPIRE  
OTHERS TO  
DREAM MORE,  
LEARN MORE, DO  
MORE AND  
BECOME MORE,  
YOU ARE A  
LEADER."**

*- John Quincy Adams*

**FAVORITE AFFIRMATION**

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**FOCUSING MY ENERGY ON**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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*Deus ex machina (n.) An unexpected power or event saving a seemingly hopeless situation*

## I AM LEARNING

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## A CHALLENGE I AM FACING

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## TODAY, I FEEL

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## TODAY, MY FAVORITE MOMENT WAS

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**MY VISION FOR TOMORROW IS ...**

Lined writing area consisting of 20 horizontal lines for text entry.



**“GRATITUDE TURNS  
WHAT WE HAVE INTO  
ENOUGH, AND MORE.  
IT TURNS DENIAL  
INTO ACCEPTANCE,  
CHAOS INTO ORDER,  
CONFUSION INTO  
CLARITY...IT MAKES  
SENSE OF OUR PAST,  
BRINGS PEACE FOR  
TODAY, AND  
CREATES A VISION  
FOR TOMORROW.”**

*- Melody Beattie*

**I APPLAUD MY EFFORTS ON**

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**I AM GRATEFUL FOR**

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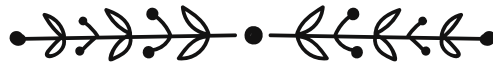
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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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TO RECEIVE LOVE NOT RICHES

Is to be the wealthiest of us all





**I WANT TO ACHIEVE**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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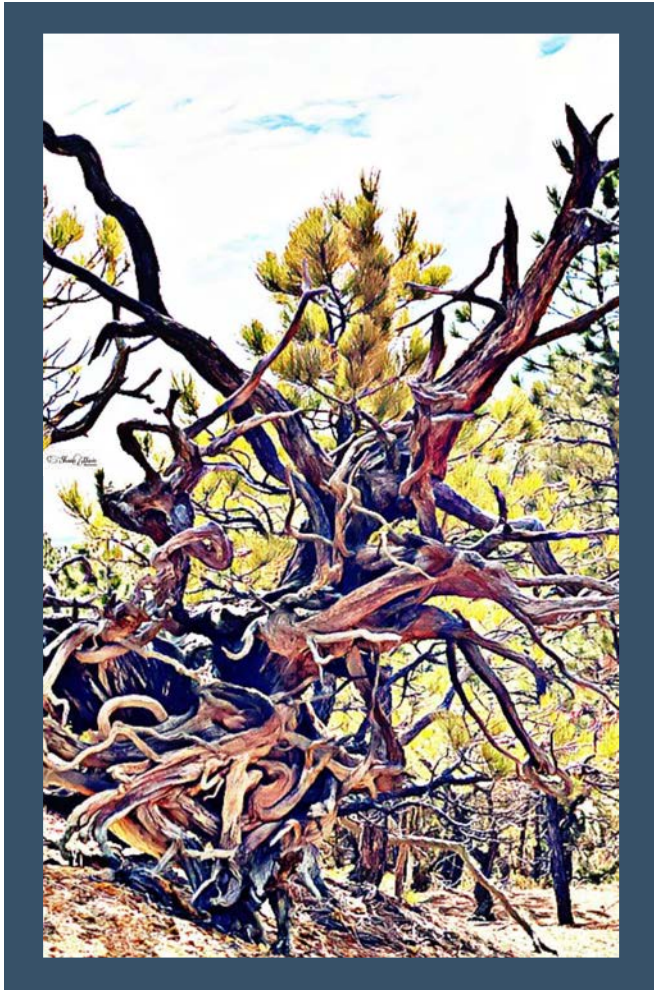












I AM WORKING TOWARD

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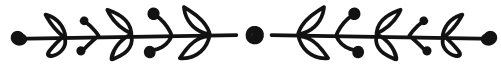
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I AM TRULY HAPPY WHEN

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TODAY, I FEEL

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TODAY, MY FAVORITE MOMENT WAS

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"REFLECT UPON  
YOUR PRESENT  
BLESSINGS, OF  
WHICH EVERY MAN  
HAS PLENTY; NOT ON  
YOUR PAST  
MISFORTUNES, OF  
WHICH ALL MEN  
HAVE SOME."

- Charles Dickens

## THE BEST PART OF TODAY

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## I LOVE WHEN

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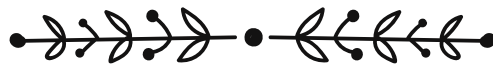
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## TODAY, I FEEL

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## TODAY, MY FAVORITE MOMENT WAS

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Become  
The  
Change





**I AM BEING HEALTHY BY**

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**PAY IT FORWARD**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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**I AM GRATEFUL FOR THESE INDIVIDUALS ...**

A series of 20 horizontal lines for writing, spaced evenly down the page.



**“THE HEART THAT  
GIVES THANKS IS A  
HAPPY ONE, FOR WE  
CANNOT FEEL  
THANKFUL AND  
UNHAPPY AT THE  
SAME TIME.”**

*- Douglas Wood*

**WHAT MAKES TODAY GOOD**

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**I FINISHED**

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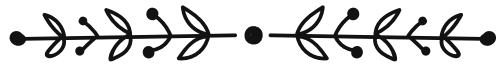
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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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*Prodigious (adj.) Causing amazement or wonder*

**I HAVE PLANS TO**

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**I AM LOOKING FORWARD**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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**“IF YOU FAIL TO  
CARRY AROUND  
WITH YOU A HEART  
OF GRATITUDE FOR  
THE LOVE YOU’VE  
BEEN SO FREELY  
GIVEN, IT IS EASY  
FOR YOU NOT TO  
LOVE OTHERS AS  
YOU SHOULD.”**

*- Paul David Tripp*

**I WAS SURPRISED BY**

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**I AM ACCEPTING**

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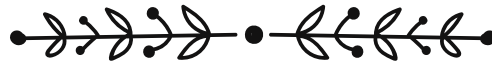
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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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- YOU -

ARE A PART OF

*WHO OTHERS BECOME*





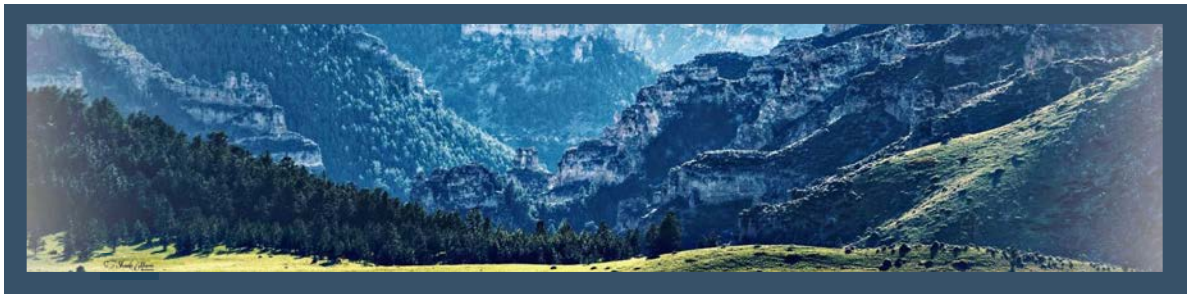
**I WANT TO ACHIEVE**

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**TODAY, I FEEL**

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**TODAY, MY FAVORITE MOMENT WAS**

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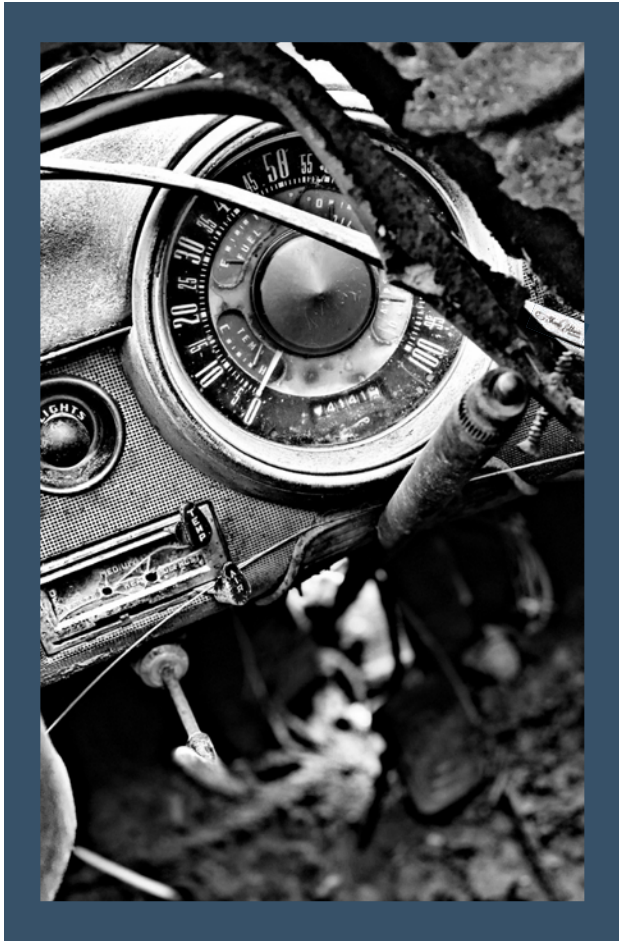












I AM SO IMPRESSED WITH

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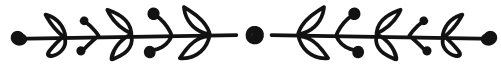
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I WANT TO SAY THANK YOU

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TODAY, I FEEL

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TODAY, MY FAVORITE MOMENT WAS

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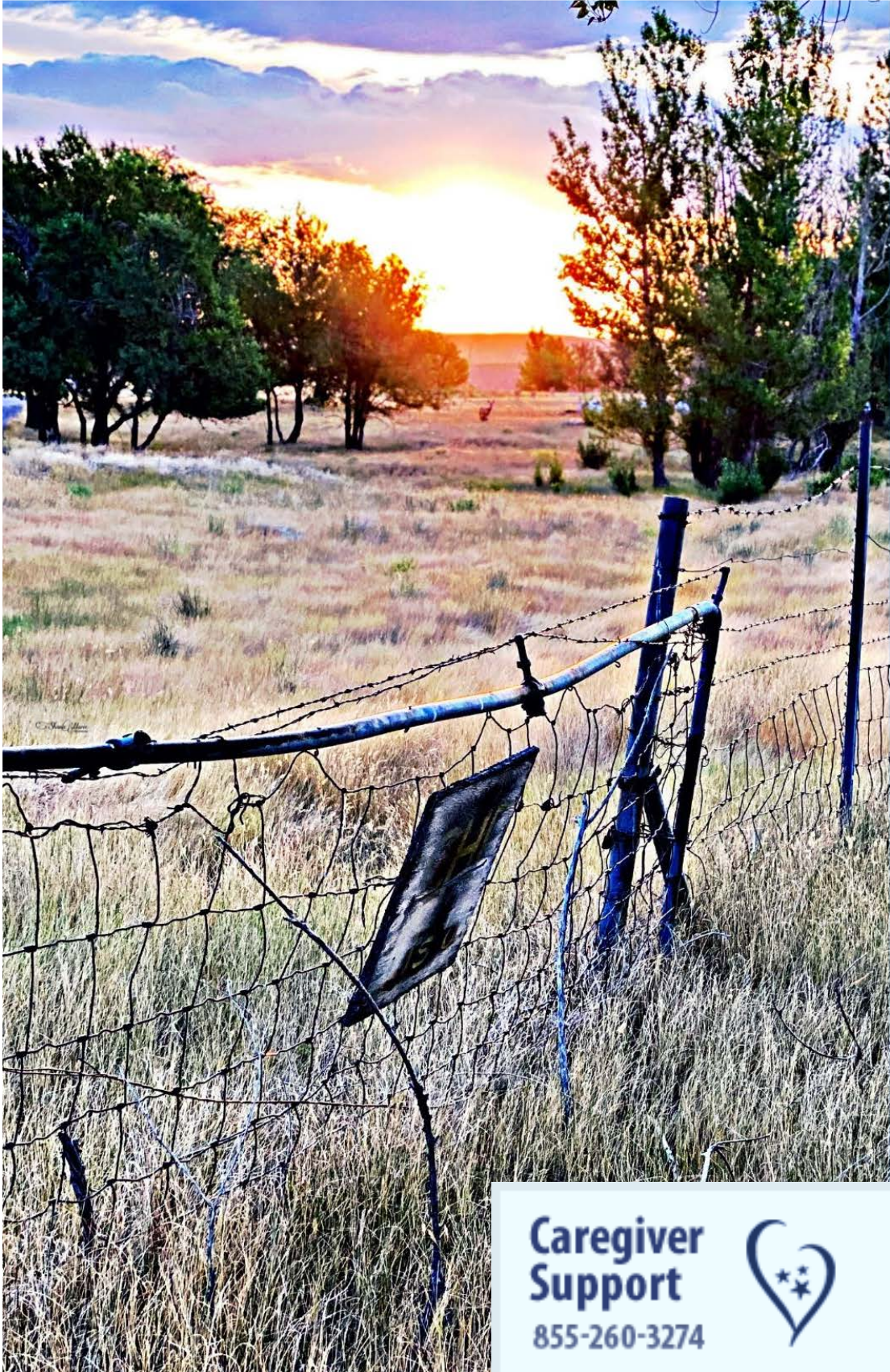
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**Caregiver  
Support**  
855-260-3274

