



INTENTION REFLECTION

Date:	Thoughts I wish to leave at work:
I am grateful for:	
1	
2	_
3	_
	I agree to:
NV/leat viva idel read to the electronic et 2	not take these thougts home.
What would make today great?	resume these thoughts tomorrow
1	_ (only if necessary).
2	_
3	DATLY DOODLE
Daily Affirmation (before work)	
Things that happened today:	
1. A bad thing:	_
2. A neutral thing:	_
3. A positive thing:	_
Something I can do differently tomorrow:	
	Word to summarize my day: