

Quarantine  
Daily Planner  
And  
Journal

This journal belongs to:

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# ~Friday, May 1~

*"Worrying doesn't take away tomorrow's troubles. It takes away today's peace."  
~Unknown*

What am I most looking forward to today? \_\_\_\_\_  
\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_  
\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

- ❖ What did I create today? \_\_\_\_\_
- ❖ How much time did I spend outside today? What did I do?  
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- ❖ How much time did I spend on exercise today? What did I do?  
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- ❖ How did I help others today? My acts of kindness were:  
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- ❖ What did I learn today? \_\_\_\_\_
- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
\_\_\_\_\_
- ❖ The highlight of my day today was: \_\_\_\_\_  
\_\_\_\_\_

## ~Saturday, May 2~

*"Life's most persistent and urgent question is: 'What are you doing for others?'"*  
*~Martin Luther King, Jr.*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Sunday, May 3~

*"We make a living by what we get, but we make a life by what we give."*  
~Winston Churchill

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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- \_\_\_\_\_
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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Monday, May 4~

*"If the only prayer you ever say in your entire life is thank you, it will be enough."  
~Meister Eckhart*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Tuesday, May 5~

*The attitude of gratitude always brings happiness.*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

❖ What did I create today? \_\_\_\_\_

❖ How much time did I spend outside today? What did I do?

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❖ How much time did I spend on exercise today? What did I do?

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❖ How did I help others today? My acts of kindness were:

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❖ What did I learn today? \_\_\_\_\_

❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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## ~Wednesday, May 6~

*"It is not happy people who are thankful; it is thankful people who are happy."  
~Unknown*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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### \*\*\* Daily Review \*\*\*

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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Thursday, May 7~

*"Don't wait for the perfect moment. Take the moment and make it perfect."  
~Unknown*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Friday, May 8~

*"Today is the tomorrow you worried about yesterday...so sit back, relax, and enjoy!"*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Saturday, May 9~

*"Kindness is a language which the deaf can hear and the blind can see."  
~Mark Twain*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Sunday, May 10~

*“Not all of us can do great things. But, we can do small things with great love.”  
~Mother Teresa*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Monday, May 11~

*"Live as if you were to die tomorrow. Learn as if you were to live forever."*  
~Mahatma Gandhi

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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## ~Tuesday, May 12~

*"The more that you read, the more things you will know. The more that you learn, the more places you'll go." ~Dr. Seuss*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

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### \*\*\* Daily Review \*\*\*

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❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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## ~Wednesday, May 13~

*"Life isn't measured by the number of breaths that we take, but by the moments that take our breath away." ~Unknown*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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## ~Thursday, May 14~

*"Your mind is a garden. Your thoughts are the seeds. You can grow flowers, or you can grow weeds." ~Unknown*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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# ~Friday, May 15~

*"The mind is everything. What you think, you become." ~Buddha*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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# ~Saturday, May 16~

*"There is no way to happiness. Happiness IS the way." ~Buddha*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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# ~Sunday, May 17~

*"Be yourself. Everyone else is already taken." ~Oscar Wilde*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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# ~Monday, May 18~

*"At the end of our lives, we all ask: 'Did I Live? Did I Love? Did I Matter?'"*  
~Brendon Burchard

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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## ~Tuesday, May 19~

*"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." ~Howard Thurman*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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- \_\_\_\_\_
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What am I grateful for today? \_\_\_\_\_  
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### \*\*\* Daily Review \*\*\*

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- ❖ What did I learn today? \_\_\_\_\_
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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Wednesday, May 20~

*"In a world where you can be anything, be yourself." ~Unknown*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

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❖ The highlight of my day today was: \_\_\_\_\_

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# ~Thursday, May 21~

*"When given the choice between being right or being kind, choose kind."*

*~Dr. Wayne Dyer*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Friday, May 22~

*"The world needs that special gift that only you have." ~Marie Forleo*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Saturday, May 23~

*"No act of kindness, however small, is ever wasted." ~Aesop*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Sunday, May 24~

*"Love yourself first and everything else falls into line." ~Lucille Ball*

What am I most looking forward to today? \_\_\_\_\_  
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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_  
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## \*\*\* Daily Review \*\*\*

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- ❖ The highlight of my day today was: \_\_\_\_\_  
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# ~Monday, May 25~

*“Enjoy the little things in life. One day you will look back and realize they were the big things.” ~Robert Brault*

What am I most looking forward to today? \_\_\_\_\_

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Three things I would like to accomplish today:

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What am I grateful for today? \_\_\_\_\_

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## \*\*\* Daily Review \*\*\*

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- ❖ How did I help others today? My acts of kindness were:  
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- ❖ What did I learn today? \_\_\_\_\_
- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
\_\_\_\_\_
- ❖ The highlight of my day today was: \_\_\_\_\_  
\_\_\_\_\_

# ~Tuesday, May 26~

*"Wherever you are, be ALL there." ~Jim Elliot*

What am I most looking forward to today? \_\_\_\_\_  
\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_  
\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

- ❖ What did I create today? \_\_\_\_\_
- ❖ How much time did I spend outside today? What did I do?  
\_\_\_\_\_
- ❖ How much time did I spend on exercise today? What did I do?  
\_\_\_\_\_
- ❖ How did I help others today? My acts of kindness were:  
\_\_\_\_\_
- ❖ What did I learn today? \_\_\_\_\_
- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
\_\_\_\_\_
- ❖ The highlight of my day today was: \_\_\_\_\_  
\_\_\_\_\_

# ~Wednesday, May 27~

*"Be the change you wish to see in the world." ~Gandhi*

What am I most looking forward to today? \_\_\_\_\_  
\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_  
\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

- ❖ What did I create today? \_\_\_\_\_
- ❖ How much time did I spend outside today? What did I do?  
\_\_\_\_\_
- ❖ How much time did I spend on exercise today? What did I do?  
\_\_\_\_\_
- ❖ How did I help others today? My acts of kindness were:  
\_\_\_\_\_
- ❖ What did I learn today? \_\_\_\_\_
- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
\_\_\_\_\_
- ❖ The highlight of my day today was: \_\_\_\_\_  
\_\_\_\_\_

## ~Thursday, May 28~

*“Every person, every thing, and every situation you encounter each day is a gift.”*

What am I most looking forward to today? \_\_\_\_\_

\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

\_\_\_\_\_

### \*\*\* Daily Review \*\*\*

❖ What did I create today? \_\_\_\_\_

❖ How much time did I spend outside today? What did I do?

\_\_\_\_\_

❖ How much time did I spend on exercise today? What did I do?

\_\_\_\_\_

❖ How did I help others today? My acts of kindness were:

\_\_\_\_\_

❖ What did I learn today? \_\_\_\_\_

❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

\_\_\_\_\_

❖ The highlight of my day today was: \_\_\_\_\_

\_\_\_\_\_

# ~Friday, May 29~

*“Trust in the universe. Everything you need will come to you at the perfect time.”*

What am I most looking forward to today? \_\_\_\_\_

\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

❖ What did I create today? \_\_\_\_\_

❖ How much time did I spend outside today? What did I do?

\_\_\_\_\_

❖ How much time did I spend on exercise today? What did I do?

\_\_\_\_\_

❖ How did I help others today? My acts of kindness were:

\_\_\_\_\_

❖ What did I learn today? \_\_\_\_\_

❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

\_\_\_\_\_

❖ The highlight of my day today was: \_\_\_\_\_

\_\_\_\_\_

# ~Saturday, May 30~

*“Creativity is God’s gift to us. Using our creativity is our gift back to God.”  
~Julia Cameron*

What am I most looking forward to today? \_\_\_\_\_  
\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_  
\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

- ❖ What did I create today? \_\_\_\_\_
- ❖ How much time did I spend outside today? What did I do?  
\_\_\_\_\_
- ❖ How much time did I spend on exercise today? What did I do?  
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- ❖ How did I help others today? My acts of kindness were:  
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- ❖ What did I learn today? \_\_\_\_\_
- ❖ Which skill did I work to improve today? \_\_\_\_\_
- ❖ Who did I talk to outside of our family today? \_\_\_\_\_  
\_\_\_\_\_
- ❖ The highlight of my day today was: \_\_\_\_\_  
\_\_\_\_\_

# ~Sunday, May 31~

*"Yesterday is history. Tomorrow is a mystery. Today is a gift; that is why it is called the present." ~Bill Keane*

What am I most looking forward to today? \_\_\_\_\_

\_\_\_\_\_

Three things I would like to accomplish today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

\_\_\_\_\_

## \*\*\* Daily Review \*\*\*

❖ What did I create today? \_\_\_\_\_

❖ How much time did I spend outside today? What did I do?

\_\_\_\_\_

❖ How much time did I spend on exercise today? What did I do?

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❖ How did I help others today? My acts of kindness were:

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❖ What did I learn today? \_\_\_\_\_

❖ Which skill did I work to improve today? \_\_\_\_\_

❖ Who did I talk to outside of our family today? \_\_\_\_\_

\_\_\_\_\_

❖ The highlight of my day today was: \_\_\_\_\_

\_\_\_\_\_