

TODAY I WILL:

TODAY I WILL:

TODAY I WILL:

TODAY I WILL:

TODAY I WILL:

TODAY I WILL:

TODAY I WILL:



TODAY I WILL:

*Make compassionate choices.*

TODAY I WILL:

*Be grateful.*

TODAY I WILL:

*Show kindness to my family.*

TODAY I WILL:

*Be gentle and loving to myself.*

TODAY I WILL:

*Do one thing at a time & focus on that thing.*

TODAY I WILL:

*Observe my feelings without judgement.*

TODAY I WILL:

*Speak softly and with patience.*

