What do you do for fun?
Is it helping you feel more energized and happy? Why?
what are you interested in learning
more about?

Your	goal	for	this	Week:	

You can track your progress toward your goals by filling in the stars in the chart below. It can be your "Self-Report Card".



GOALS	ZUN	MON	TUE	WED	ZUHT	FRI	TAZ
	$\Diamond$	$\Rightarrow$	$\Delta$	$\Diamond$	$\langle \rangle$	$\Delta$	$\Diamond$
	$\Rightarrow$	$\Rightarrow$	$\langle \rangle$	$\Diamond$		$\langle \mathcal{I} \rangle$	$\Rightarrow$
	$\Rightarrow$	7		$\Delta$		$\sum$	$\Rightarrow$
	$\Diamond$	7	$\sum$	$\Rightarrow$	$\langle \langle \rangle \rangle$	$\langle \rangle$	$\Diamond$
	$\triangle$	$\Delta$	$\Delta$	$\triangle$	$\Delta$	$\Delta$	$\Diamond$
	$\Delta$	$\Delta$	$\triangle$	$\Diamond$	$\Delta$	$\triangle$	$\Diamond$

We can treat our gratitude box as another powerful tool. Whenever we feel overwhelmed, sad, or anxious, we can open our gratitude box and revisit those amazing momories that we've saved.

Draw a picture of your ideal gratitude box and things you would like to put in it.

