

sorting through

the ups & downs of your day

one part of your day
that felt joyful:

one reason it felt joyful:

one part of your day
that felt like a bump
in the road:

one way you managed it:

one thing you did
well today:

one way in which
you did it well:

one thing you felt as a
result of doing it well:

one thing you might do
differently next time:

one way you might do
it differently:

one different result
you anticipate:

taking into account the events of your day, one meaningful
thing you'll choose to remember about it:

date:

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