

HONORING WHAT'S REAL, NOTICING THE GOOD

Take a few moments to acknowledge both the challenges and the sources of hope, comfort and strength that are present today.

Honoring What's Real

Today was difficult because:

Even so, I noticed:

One thing that brought me comfort:

One thing that gave me hope:

One thing I want to remember from today:

Noticing the Good

Today, I am grateful for:

1.

2.

3.

Something that made me smile recently:

Someone who has helped or supported me:

Something I am looking forward to:

One strength I have shown recently:
