



KOURSE KORRECT
becoming your own trusted mentor

how are you feeling today?

four things you are grateful for:

- 01. _____
- 02. _____
- 03. _____
- 04. _____

one thing you want to be aware of today:

affirmations:



nighttime ___ : ___ M

how are you feeling tonight?

four things you are proud of that happened today:

- 01. _____
- 02. _____
- 03. _____
- 04. _____

on a scale of 1 to 10, how aware were you of that one thing today? And how did it make you feel?

