

HappyIntentions

LookingForward



Today's Date: _____

Name: _____

Age: _____



HappyMe

What or whom are you most thankful for?

What is something that makes you proud?

What do you like most about yourself?

What makes you happy when you are sad?



Intentions

I would like to try: _____

I want to continue to: _____

I would like to stop: _____

I would like to visit: _____

I would like to learn: _____

I would like to read: _____

I want to play: _____

