




Positive Reminder Card

Some days are great, but others... not so much. On bad days it can be tempting to get down on yourself. Don't fall into that trap! Use the card below to find at least one positive thing in each day and give yourself some love!

Something good that happened today is... 

And maybe a few things didn't go as planned, like...

But one great thing about me is....

And I am definitely grateful for...

I will look forward to tomorrow because...

