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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4.	"IN MINDFULNESS, ACCEPTANCE ALWAYS COMES FIRST, CHANGE COMES AFTER." — SHAMASH ALIDINA		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1. 2.		

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1.	"A MANDELLI WOLTING	
2.	"A MINDFUL WRITING PRACTICE CAN BRIGHTEN	
3.	YOUR QUALITY OF AWARENESS."	
4.	— CAREN OSTEN GERSZBERG	
TODAY'S MOOD:		
ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY:		
NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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"THE SMALLEST DEED IS BETTER THAN THE GREATEST INTENTION."

- JOHN BURROUGHS

TODAY'S MOOD:

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"ONE OF THE KINDEST THINGS YOU CAN DO FOR YOURSELF IS TO ACCEPT YOURSELF JUST THE WAY YOU ARE."

— MARK COLEMAN

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"HEALING IS ABOUT EMPOWERMENT, AND
3.	EVERYTHING WE NEED IS WITHIN US."
4.	— TOVI SCRUGGS-HUSSEIN
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4.	"THE PRESENT MOMENT IS WHERE TOGETHERNESS, PLAY, AND FUN LIVE. BY CULTIVATING PRESENCE, WE BECOME MORE CONSCIOUS OF ALL THE GOODNESS IN OUR LIVES."		
TODAY'S MOOD:	— JASON GRANT		
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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"SIMPLY BEING ALIVE IS A GREAT STARTING PLACE FOR FEELING GRATITUDE."

- ELAINE SMOOKLER

TODAY'S MOOD:

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REFLECTION OF THE DAY:

NOTES/REMINDERS:

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QUOTE OF THE DAY:

"GRATITUDE IS THE PRACTICE OF LIVING OUR PRECIOUS MOMENTS FULLY."

- MELLI O'BRIEN

TODAY'S MOOD:

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ANGRY TIRED SAD

REFLECTION OF THE DAY:	
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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"THE ONLY WAY TO LIVE IS BY ACCEPTING EACH MINUTE AS AN UNREPEATABLE MIRACLE."

— TARA BRACH

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:			
1. 2. 3. 4.	"YOU CAN MANAGE YOUR MIND IN THREE PRIMARY WAYS: LET BE, LET GO, LET IN." — RICK HANSON			
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED				
REFLECTION OF THE DAY:				
NOTES/REMINDERS:	GOALS FOR TOMORROW:			

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QUOTE OF THE DAY:

"ATTENTION IS RICH AND LUXURIOUS, A PORTAL TO FREEDOM."

— BARRY BOYCE

TODAY'S MOOD:

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"REMEMBER THERE'S NO PLACE ELSE YOU NEED TO BE RIGHT NOW, NO PROBLEMS TO SOLVE. JUST THIS BREATH, JUST THIS MOMENT."

— CORY MUSCARA

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:				
1. 2. 3. 4.	"IF YOU JUDGE PEOPLE, YOU HAVE NO TIME TO LOVE THEM." — MOTHER TERESA				
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED					
REFLECTION OF THE DAY:					
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1.				

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littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:				
1. 2. 3. 4.	"TAKE A MOMENT TO REFLECT ON THE PEOPLE, PLACES, OR SITUATIONS THAT BRING YOU JOY." — JESSICA MOREY				
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED					
REFLECTION OF THE DAY:					
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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"GRATITUDE HELPS YOU SEE THE BIGGER PICTURE AND BECOME MORE RESILIENT."

— MISTY PRATT

TODAY'S MOOD:

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"MINDFULNESS CAN HELP US UNFRIZZ OUR FRAZZLED NERVOUS SYSTEMS."

- ELAINE SMOOKLER

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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"THE LITTLE THINGS? THE LITTLE MOMENTS? THEY AREN'T LITTLE."

— JON KABAT-ZINN

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1. 2. 3. 4.	"MEDITATION GIVES US PERMISSION TO FEEL EXACTLY WHAT WE FEEL, EVEN WHEN WE ARE NOT AS OKAY AS WE WOULD LIKE TO BE." — MARK BERTIN
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1. 2. 3. 4.	"THE GOAL IS TO DEVELOP SPIRITUAL STAMINA, SO WHEN A PROBLEM OCCURS, I DON'T REACT OUT OF EMOTIONS, BUT OUT OF WISDOM." — ENLIGHTENED CONSCIOUSNESS
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	"IT'S EASY TO JUDGE.IT'S MORE DIFFICULT TO UNDERSTAND. UNDERSTANDING REQUIRES COMPASSION, PATIENCE, AND A WILLINGNESS TO BELIEVE THAT GOOD HEARTS SOMETIMES CHOOSE POOR METHODS. THROUGH JUDGING, WE SEPARATE.THROUGH UNDERSTANDING, WE GROW." — BRIANNA WIRST	
1. 2. 3. 4. TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY: NOTES/REMINDERS:	GOALS FOR TOMORROW: 1. 2.	

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TODAY'S MOOD:





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QUOTE OF THE DAY:

"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND."

— LEO F. BUSCAGLIA

REFLECTION OF THE DAY:

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LINCOLN
littles elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
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2.	"STARTING WITH LESS, YOU MAY SEE SLOWER PROGRESS, BUT IT CAN'T STOP YOU FROM		
3.	ACHIEVING SUCCESS."		
4.	— BHAWNA GAUTAM		
TODAY'S MOOD:			
ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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"WHATEVER YOU DO, DON'T GET STUCK ON THE ONE THING THAT RUINS YOUR DAY. LIFE IS TOO SHORT TO WASTE ON NEGATIVITY."

— UNKNOWN

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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TODAY'S MOOD:











QUOTE OF THE DAY:

"HAPPINESS CANNOT BE TRAVELED TO, OWNED, EARNED, WORN, OR CONSUMED. HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MOMENT WITH LOVE, GRACE, AND GRATITUDE."

- DAILY DOSE OF HAPPY

REFLECTION OF THE DAY:	

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"POSITIVE THINKING IS NOT PRETENDING THAT EVERYTHING IS GOOD, BUT SEEING THE GOOD IN EVERYTHING."

— UNKNOWN

TODAY'S MOOD:

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REFLECTION OF THE DAY:

NOTES/REMINDERS:	GOALS FOR TOMORROW:	

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QUOTE OF THE DAY:

"FIRST IS AN INTENTION.
THEN A BEHAVIOR. THEN A
HABIT. THEN A PRACTICE.THEN
A SECOND NATURE. THEN IT IS
SIMPLY WHO YOU ARE."

- BRENDON BURCHARD

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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TODAY'S MOOD:









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QUOTE OF THE DAY:

"OPINION IS REALLY THE LOWEST FORM OF HUMAN KNOWLEDGE. IT REQUIRES NO ACCOUNTABILITY, NO UNDERSTANDING. THE HIGHEST FORM OF KNOWLEDGE IS EMPATHY, FOR IT REQUIRES US TO SUSPEND OUR EGOS AND LIVE IN ANOTHER'S WORLD."

- BILL BULLARD

REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY: "SOMETIMES YOU JUST NEED TO TALK ABOUT SOMETHING, NOT TO GET SYMPATHY OR HELP, BUT JUST TO KILL ITS POWER BY ALLOWING THE TRUTH OF THINGS TO HIT THE AIR."		
1. 2. 3. 4.			
TODAY'S MOOD:	— KAREN SALMANSOHN		
ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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TODAY'S MOOD:











QUOTE OF THE DAY:

"SOME PEOPLE COULD BE GIVEN AN ENTIRE FIELD OF ROSES AND ONLY SEE THE THORNS IN IT. OTHERS COULD BE GIVEN A SINGLE WEED AND ONLY SEE THE WILDFLOWER IN IT. PERCEPTION IS A KEY COMPONENT TO GRATITUDE. AND GRATITUDE IS A KEY COMPONENT TO JOY."

- AMY WENTHERLY

REFLECTION OF THE DAY:	

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QUOTE OF THE DAY:

"THE SMILE ON MY FACE
DOESN'T MEAN MY LIFE IS
PERFECT. IT MEANS THAT
DESPITE MY CHALLENGES, I
CHOOSE TO FOCUS ON MY
BLESSINGS."

— UNKNOWN

TODAY'S MOOD:

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