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TODAY	IAM	GRATEFUL	FOR:

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"THE VALLEY WILL TEACH YOU LESSONS THE MOUNTAINTOP NEVER COULD."

- LAUREN FORTENBERRY

# TODAY'S MOOD:

(	<b>•</b> )
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REFLECTION OF THE DAY:	

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# **GOALS FOR TOMORROW:**

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:				
1.	"LIFE IS AMAZING, AND THEN IT'S AWFUL. AND THEN IT'S AMAZING				
2.	AGAIN. AND IN BETWEEN THE AMAZING AND AWFUL IT'S				
3.	ORDINARY AND MUNDANE AND ROUTINE. BREATHE IN THE				
4.	AMAZING, HOLD ON THROUGH THE AWFUL, AND RELAX AND EXHALE DURING THE ORDINARY. THAT'S				
TODAY'S MOOD:	JUST LIVING THE HEARTBREAKING, SOUL-HEALING, AMAZING, AWFUL, ORDINARY LIFE. AND IT'S				
	BREATHTAKINGLY BEAUTIFUL."				
ANGRY TIRED SAD HAPPY EXCITED	— L.R. KNOST				
REFLECTION OF THE DAY:					
NOTES/REMINDERS:	GOALS FOR TOMORROW:				
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# QUOTE OF THE DAY:

"EVERY DAY OF LIFE TEACHES
US A LESSON. GOOD DAYS
TEACH US THAT LIFE IS
BEAUTIFUL, AND HARD DAYS
TEACH US THAT NO MATTER
WHAT, BEAUTIFUL DAYS
ALWAYS COME."

- BHAWANA GAUTAM

# **TODAY'S MOOD:**

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**REFLECTION OF THE DAY:** 

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LINCOLN
littles
elevating early childhood

QUOTE OF THE DAY:
"COMETIMES THE CREATEST
"SOMETIMES THE GREATEST GIFT YOU CAN GIVE ANOTHER
PERSON IS SIMPLY TO INCLUDE THEM."
— UNKNOWN

NOTES/REMINDERS:	

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			littles elevating early childhood
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"I DON'T SAY NO BECAUSE I'M SO BUSY. I SAY NO BECAUSE I
3.	DON'T WANT TO BE SO BUSY."
	— COURTNEY CARVER
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TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	

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# QUOTE OF THE DAY:

"SOMETIMES YOU HAVE TO TELL THE NEGATIVE COMMITTEE THAT MEETS INSIDE YOUR HEAD TO JUST SIT DOWN AND SHUT UP."

— TOBY MAC

# **TODAY'S MOOD:**

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**REFLECTION OF THE DAY:** 

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# TODAY'S MOOD:











# QUOTE OF THE DAY:

"INTEGRITY IS CHOOSING
COURAGE OVER COMFORT. IT'S
CHOOSING WHAT IS RIGHT
OVER WHAT IS FUN, FAST, OR
EASY. IT'S CHOOSING TO
PRACTICE YOUR VALUES
RATHER THAN SIMPLY
PROFESSING THEM."

- BERNE BROWN

REFLECTION OF THE DAY:		

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# TODAY'S MOOD:











# QUOTE OF THE DAY:

"WHAT IF YOUR MARKERS OF SUCCESS WERE HOW WELL YOU SLEPT AT NIGHT? HOW MANY BOOKS YOU READ? HOW EASILY YOU LAUGHED? HOW MUCH TIME YOU SPENT STORYTELLING, FEELING WARM IN THE ARMS AND HOMES OF THE PEOPLE YOU ADORE."

- EMMIE RAE

REFLECTION OF THE DAY:	

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GO	ALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:			
1.  2.  3.  4.  TODAY'S MOOD:  ANGRY TIRED SAD HAPPY EXCITED	"RIPPLES. WHEN YOU CREATE A DIFFERENCE IN SOMEONE'S LIFE, YOU NOT ONLY IMPACT THEIR LIFE, YOU IMPACT EVERYONE INFLUENCED BY THEM THROUGHOUT THEIR ENTIRE LIFETIME. NO ACT IS EVER TOO SMALL. ONE BY ONE, THIS IS HOW TO MAKE AN OCEAN RISE."			
REFLECTION OF THE DAY:				
NOTES/REMINDERS:	GOALS FOR TOMORROW:			

# NOTES/REMINDERS:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:			
1. 2. 3. 4. TODAY'S MOOD:	"YOU MAY ENCOUNTER MANY DEFEATS, BUT YOU MUST NOT BE DEFEATED. IN FACT, IT MABE NECESSARY TO ENCOUNTE THE DEFEATS, SO YOU CAN KNOW WHO YOU ARE, WHAT YOU CAN STILL COME OUT OF IT."			
ANGRY TIRED SAD HAPPY EXCITED	— MAYA ANGELOU			
REFLECTION OF THE DAY:				
NOTES/REMINDERS:	GOALS FOR TOMORROW:			
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LINCOLN
littles elevating early childhood

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"KINDNESS BEGINS WITH THE UNDERSTANDING THAT WE ALL STRUGGLE."

- CHARLES GLASSMAN

# **TODAY'S MOOD:**

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TIRED SAD **EXCITED** 

REFLECTION OF THE DAY:	

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1. 2. 3. 4. TODAY'S MOOD:	"PRACTICE THE PAUSE. PAUSE BEFORE JUDGING, PAUSE BEFORE ASSUMING. PAUSE BEFORE ACCUSING. PAUSE WHENEVER YOU'RE ABOUT TO REACT HARSHLY AND YOU'LL AVOID DOING AND SAYING THINGS YOU'LL LATER REGRET."
ANGRY TIRED SAD HAPPY EXCITED	— LORI DESCHENE
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:  1.

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1.	# C O U D A C E D O E C NUT A L IVI A V C
2.	"COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE
3.	IS THE QUIET VOICE AT THE END OF THE DAY, SAYING "I
4.	WILL TRY AGAIN TOMORROW."
	— MARY ANNE RADMACHER
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:

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# QUOTE OF THE DAY:

"CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON OR SOME OTHER TIME. WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK."

— BARACK OBAMA

# TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1.  2.  3.  4.  TODAY'S MOOD:	"AT TIMES OUR OWN LIGHT GOES OUT AND IS REKINDLED BY A SPARK FROM ANOTHER PERSON. EACH OF US HAS CAUSE TO THINK WITH DEEP GRATITUDE OF THOSE WHO HAVE LIGHTED THE FLAME WITHIN US."  — UNKNOWN
REFLECTION OF THE DAY:  NOTES/REMINDERS:	GOALS FOR TOMORROW:  1.

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# QUOTE OF THE DAY:

"BE GOOD TO PEOPLE. YOU WILL BE REMEMBERED MORE FOR YOUR KINDNESS THAN ANY LEVEL OF SUCCESS YOU COULD POSSIBLY ATTAIN."

- MANDY HALE

# **TODAY'S MOOD:**

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REFLECTION OF THE DAY:	

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1.  2.  3.  4.  TODAY'S MOOD:	"SOMEDAYS, DOING THE 'BEST WE CAN' MAY STILL FALL SHORT OF WHAT WE WOULD LIKE TO BE ABLE TO DO. BUT LIFE ISN'T PERFECT ON ANY FRONT AND DOING WHAT WE CAN WITH WHAT WE HAVE IS THE MOST WE SHOULD EXPECT OF OURSELVES OR ANYONE ELSE."		
ANGRY TIRED SAD HAPPY EXCITED	— FRED ROGERS		
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1.         2.         3.         4.	"RE-SET, RE-ADJUST, RE- START, AND RE-FOCUS. AS MANY TIMES AS YOU NEED TO."	
TODAY'S MOOD:  ANGRY TIRED SAD HAPPY EXCITED  REFLECTION OF THE DAY:		
NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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"REAL HAPPINESS REQUIRES LESS THAN YOU THINK."

— COURTNEY CARVER

# **TODAY'S MOOD:**

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"TODAY I CHOOSE CALM OVER CHAOS, SERENITY OVER STRESS, PEACE OVER PERFECTION, GRACE OVER GRIT, AND FAITH OVER FEAR."

— MARY DAVIS

# TODAY'S MOOD:

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**REFLECTION OF THE DAY:** 

NOTES/REMINDERS:	GOALS FOR TOMORROW:	

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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1.		
2.	"EVERY DAY IS A SECOND CHANCE."	
3.	— UNKNOWN	
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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	<b>!</b> :
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"JOY DOES NOT SIMPLY
HAPPEN TO US. WE HAVE TO
CHOOSE JOY AND KEEP
CHOOSING IT EVERY DAY."

— HENRI J.M. NOUWEN

# **TODAY'S MOOD:**

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**NOTES/REMINDERS:** 







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.	"THERE IS NO MAGIC TO ACHIEVEMENT. IT'S REALLY		
3.	ABOUT HARD WORK, CHOICES, AND PERSISTENCE."		
4.	— MICHELLE OBAMA		
TODAY'S MOOD:			
ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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LINCOLN
littles
elevating early childhood

# TODAY I AM GRATEFUL FOR:

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# QUOTE OF THE DAY:

"IF YOU AVOID CONFLICT TO KEEP THE PEACE, YOU START A WAR INSIDE YOURSELF."

- CHERYL RICHARDSON

# TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"YOU CANNOT TOUCH THE SAME WATER TWICE, BECAUSE
3.	THE FLOW THAT HAS PASSED WILL NEVER PASS AGAIN.
4.	ENJOY EVERY MOMENT OF YOUR LIFE."
	— UNKNOWN
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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"THE WORLD IS CHANGED BY YOUR EXAMPLE, NOT YOUR OPINION."

— PAULO COELHO

# TODAY'S MOOD:

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"FORGET DANCING LIKE NO ONE IS WATCHING. DANCE LIKE A TODDLER. THEY DON'T EVEN CARE IF THERE'S MUSIC."

— UNKNOWN

# **TODAY'S MOOD:**

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"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT."

- ABRAHAM LINCOLN

# TODAY'S MOOD:

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# TODAY'S MOOD:











# QUOTE OF THE DAY:

"WHEN THE WORLD FEELS LIKE AN EMOTIONAL ROLLER COASTER, STEADY YOURSELF WITH SIMPLE RITUALS. DO THE DISHES. FOLD THE LAUNDRY. WATER THE PLANTS. SIMPLICITY ATTRACTS WISDOM."

— UNKNOWN

REFLECTION OF THE DAY:	

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GO	ALS FOR TOMORROW:
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# QUOTE OF THE DAY:

"TRULY WONDERFUL THE MIND OF A CHILD IS."

— YODA

# TODAY'S MOOD:

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# **REFLECTION OF THE DAY:**

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"SUCCESS ISN'T ABOUT HOW MUCH MONEY YOU MAKE. IT'S ABOUT THE DIFFERENCE YOU
3.	MAKE IN PEOPLE'S LIVES."
4.	— MICHELLE OBAMA
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
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