

# Daily Workout

## Attitude of Gratitude

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## I Feel

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## Today's Goals

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## Achieved Today

- Mind \_\_\_\_\_
- Body \_\_\_\_\_
- Spirit \_\_\_\_\_

## Inspirational Moments

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_