



4 Questions To Start The Day

Complete the following phrases.

1) Right now I feel _____

because _____

2) At the end of the day I want to feel _____

I want to feel like this because _____

3) The one thing I want to accomplish above everything else is _____

If I accomplish this I will have _____

and _____

and _____

4) One resource I could call on to help me to meet this goal is _____

and I give myself permission to call on that resource.