

# Daily Reflection Booklet

This booklet is to be kept on your bedside table with a pen. Before going to sleep every night, take 2 minutes out of your day to reflect. The goal of this booklet is to help place you in a positive mindset.



@F&T Blog



@fandtblog

# 3 Good Things Of The Day

1.

2.

3.

Date:

# Reflect On My Day

Things I Can Control

Things I Can't Control

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