



Journal Pages
The 3 - 3 - 3 Practice

Date:

Give yourself credit for (Acknowledge) Three things you did well today.

- Someway you were being: ie; kind, patient, focused, happy, serene, loving, peaceful
Something you did:ie; keeping your word, a job well done, positive conversation, nurturing yourself or others with a kind word, allowing time for a nap, exercise, play,

1
2.
3.

List Three things that bothered you today: the snap shot moment:

1.
2.
3

List Three things you are Grateful for:

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