

| MILE:                                     | DATE:                                  |
|---|--|
|   |  |
| WHAT IS ONE                               | THING YOU TOOK AWAY FROM THIS EPISODE? |
|   | EPISODE:                               |
|   |  |
|   |  |
|   |  |
| WHAT IS ONE T                             | HING YOU ARE GRATEFUL FOR TODAY?       |
|   |  |
|   |  |
|   |  |
|   |  |
| WHAT IS ONE PO                            | OSITIVE AFFIRMATION YOU CAN REPEAT     |
|   | TO YOURSELF TODAY?                     |
|   |  |
|   |  |
|   |  |
| MILE:                                     | DATE:                                  |
|   |  |
| WHAT IS ONE THING YOU TOOK AWAY FROM THIS |  |
|   | EPISODE?                               |
|   |  |
|   |  |
|   |  |
| WHATISONE                                 | THING YOU ARE GRATEFUL FOR TODAY?      |
| WITAT 13 ONL                              | THING TOO ARE GRATEFUL FOR TODAT!      |
|   |  |
|   |  |
|   |  |
| WHAT IS ONE F                             | POSITIVE AFFIRMATION YOU CAN REPEAT    |
|   | TO YOURSELF TODAY?                     |