

TODAY IS:

Empty box for writing the date.

TASKS:

Vertical list of 12 horizontal lines, each starting with a small square checkbox.

GOALS:

Vertical list of 6 horizontal lines, each starting with a star icon.

I'M GRATEFUL FOR:

Vertical list of 4 horizontal lines, each starting with a heart icon.

MEALS:

Vertical list of 3 horizontal lines, each starting with a large letter: **B**, **L**, and **D**.

APPOINTMENTS:

Vertical list of 2 horizontal lines, each starting with a calendar icon.

SHOPPING:

Vertical list of 6 horizontal lines, each starting with a shopping basket icon.