

My new app

Music

Proper coffee break

My home

A good book

Lovely new dress

Feeling well again

Gratitude & Appreciation

Lunch outside with Dee

My family

Note down your 3 best bits everyday
- whatever you felt good about,
whatever was special, significant or
important to you. Fill a jar with your
notes, create a monthly gratitude
wheel or write a best bits diary.

Zzz...
A good
night's sleep
Zzz...

Time for myself

Meeting John after work

great friends

Finishing my project

Being creative

Jo said it was my
best work to date

What I value most about today

1

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2

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3

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Today's best bits

Week commencing: *23rd March 2015*

Monday

My new app. Sleeping well. Good lunch

Tuesday

Meeting John. Music. Finishing the project

Wednesday

Impressing Jo with my latest work

Thursday

Coffee with Dee. Family & friends

Friday

Being creative and feeling well again