

# Daily Countdown

FOR DAILY INTENTIONS & GRATITUDE

morning

5 THINGS YOU'RE GRATEFUL FOR  
(PEOPLE, THINGS, EMOTIONS)



4 INTENTIONS FOR THE DAY



3 CHALLENGES I FACE TODAY



3 THINGS MY CHALLENGES  
TAUGHT ME TODAY



2 EMOTIONS I FELT TODAY



1 REASON WHY TODAY WAS  
A GOOD DAY  
(EVEN WHEN YOU FEEL LIKE IT'S NOT)



evening

