



DAY / DATE

Five Minutes Matter

Start The Day Off The Right Way

Happy people who achieve great things start their day the same way—with appreciation, positivity, priorities, and a plan—and it only takes 5 minutes.

I'm grateful for...

I HAVE

NOTE: Look around and note something you're grateful for.

I'm looking forward to...

I WANT

NOTE: What are you going to do today that excites you?

I'm feeling good about...

I AM

NOTE: Say something nice about you—to you.

KEY THINGS TO DO TODAY

It will make my day when I...

____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____
____ PTS _____

NOTE: Assigning a point value to each task helps prioritize them. Tie a reward to your points total.

Bonus Use this space to write your main goal for the year or a highlight from the day before.