

Choose Joy! 

GOALS FOR THE WEEK:

5 minute Appointments:

Weekly Appointment:

Today is the best day ever.

Because if today were my last day,

I would want it to be my best day.

Therefore, today is the best day ever.

Important events/meetings:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

MEAL PLAN:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |

[illegible]