

Getting BAC 2 zero



Journaling exercise

Day 3: A Perfect Day

Describe your perfect morning, how would you look and how would you feel?

What 3 things are your grateful for? To begin, keep it simple, for example:

☀ the aroma of my morning coffee

☀ faces of loved ones greeting the day

☀ the feeling of fresh sheets on my bed or the warmth of my favorite blanket
