

Journaling exercise

•		- 4	_

Day 3. A Tenect Day
Describe your perfect morning, how would you look and how would you feel?
2 coonic year period mening, new weara year con and new weara year con
What O this was are seen anotated for O Talkaria, bear it since Is for example.
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