

Fill in the Blanks With Positive Thoughts *This August*

	S	M	T	W	T	F	S
2 L A S T S	30 ☐ The best thing that happened this month was...	31 ☐ I'm grateful for my ability to...	28 ☐ 	29 ☐ 	30 ☐	31 ☐ S T E R E T	1 ☐ Something I admire about myself is...
	2 ☐ The happiest moment this year was when...	3 ☐ This week, I'm thankful for...	4 ☐ A recent compliment I remember is...	5 ☐ I trust myself to...	6 ☐ A positive habit I'm working on is...	7 ☐ Something that motivates me is...	8 ☐ Something I'm becoming better at is...
	9 ☐ I feel confident when...	10 ☐ I bring value to the world by...	11 ☐ I feel relaxed when...	12 ☐ Something I've improved on recently is...	13 ☐ I'm thankful I have...	14 ☐ Something unique about myself is...	15 ☐ The happiest memory I revisit often is...
	16 ☐ A goal I'm working on is...	17 ☐ Someone who's always supported me is...	18 ☐ Something I'm excited about is...	19 ☐ Activities I enjoy include...	20 ☐ A skill I'm proud to have gained...	21 ☐ Something I did for myself recently was...	22 ☐ I find joy in...
	23 ☐ Something I'm learning to appreciate is...	24 ☐ An accomplishment I'm proud of this year is...	25 ☐ I feel inspired by...	26 ☐ I'm proud of the way I...	27 ☐ I'm glad I chose to...	28 ☐ Something that motivates me is...	29 ☐ I feel smart when...