

# 10 MINUTES TO RECOGNIZE THE GOOD STUFF

\_\_\_\_\_ Date:

Things, people, and places you adore:


One thing you've worked hard to achieve:

\_\_\_\_\_

One thing that's going well right now:

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Two subjects or pursuits you're passionate about:

\_\_\_\_\_

Two people you can count on for warm hugs and kind words:

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Three things to look forward to:

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