My Amazing Day!

1. My Positive Accomplishments. As you go through the day, note the things you have done well: unselfish acts, constructive approaches to problems, moments of kindness to yourself or others. Maybe you were friendly to a neighbor, or finished a project that was on the back burner. Add it to your list.
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2. Positive Accomplishments of Others. Keep track of the good things that those around you do today. Someone is kind to you in traffic, someone lets you go ahead in the grocery line if you only have a few items, or someone pays you a compliment that makes you feel good. On the list it goes.
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3. Special Graces from God or the Universe. Note any positives that Spirit has sent your way; a parking space appearing just when you really needed it, a well-timed phone call from an old friend, or coming home to a warm cozy place. Search out blessings that you may have otherwise overlooked. Add them to the list.
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If you feel comfortable doing so, select and share your favorite category or item from this list.