

# 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:

--

Two subjects or pursuits you're passionate about:

\_\_\_\_\_

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

\_\_\_\_\_

Three things to look forward to:

--	--	--

# 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:

Two subjects or pursuits you're passionate about:

---

---

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

Three things to look forward to:

# 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:

--

Two subjects or pursuits you're passionate about:

---

---

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

---

---

Three things to look forward to:

--	--	--

# 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:

Two subjects or pursuits you're passionate about:

---

---

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

Three things to look forward to: