

THE BESTIE BOOSTER

focus on the good stuff

1. TODAY I AM LOOKING FORWARD TO:

2. I WANT TO BE _____ TODAY:

3. WHO CAN I SERVE TODAY? AND HOW?

4. WHO CAN I DO SOMETHING UNEXPECTEDLY KIND FOR? {A TEXT, PHONE CALL, NOTE, GIFT, ETC.}

5. ONE THING I HAVE BEEN PUTTING OFF THAT I WILL DO TODAY:

6. I WILL FEEL HAPPY/FULFILLED TONIGHT IF I ACCOMPLISH: