

Today I will **manage** job stress by:

1. _____

2. _____

3. _____

3 **positive** things that happened today:

1. _____

2. _____

3. _____

I am **proud** of myself for:

1. _____

2. _____

3. _____

_____ **thank you for:**

3 stressors I will be mindful of today:

1. _____

2. _____

3. _____

3 realistic goals for today:

1. _____

2. _____

3. _____

Today I will **take care** of **myself** by:

1. _____

2. _____

3. _____

Today I can be **excited** about:

1. _____

2. _____

3. _____

This school year, I will **make time** to:

1. _____

2. _____

3. _____

Positive Word of the Day:

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

I will be **present** for my
colleagues by:

1. _____

2. _____

3. _____

I made the **most** of today by:

1. _____

2. _____

3. _____

