

W O N D E R F U L
D A Y

E M I L Y F L O R E N C E

W O R K S H E E T

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W O N D E R F U L D A Y

AM

Affirmation
for today

I'm grateful for the following in my life:

1.

2.

3.

4.

My Intention for Today

W O N D E R F U L D A Y

PM



Self Care
for today

Today, I accomplished:

1.

2.

3.

4.

I'm grateful for the following that happened
today:

1.

2.

3.

4.

W O N D E R F U L D A Y



Tips:

Remember to keep in mind the seemingly small intentions, accomplishments and things to be grateful for. Because everything here counts!

Intending to be kind to yourself and being grateful for the stranger who held open the door for you, or the perfect parking spot, are just as important to recognize as something wildly spectacular.

Try this for a week and see how you feel.

Wishing you a wonderful day!

Emily

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